

Meals on Wheels Calendar July, 2017

<i>Mon</i>	<i>Tue</i>	<i>Wed</i>	<i>Thu</i>	<i>Fri</i>	
3 Hawaiian Chicken Vegetable Blend Green Beans Yellow Rice Wheat Bread Gingerbread Cookie Milk	4 4th of July <p style="text-align: center;">No meal delivery</p>	5 *cold meal* Chix & Orzo Salad Beet/Chickpea salad Orange sections White Bread Cheesecake pudding Milk	6 Frittata Creamy Grits Stewed Apples w/raisins Blueberry Muffin Cranberry Juice Milk	7 Turkey/Dressing w/gravy Green Beans Mashed Potatoes Cranberry Sauce Apple Juice Milk	2
10 Chix w/Sage gravy Mixed Vegetables Scalloped Potatoes Cranberry Bread Pudding Orange Juice Milk	11 Sloppy Joe/ Bun Vegetable Blend Succotash Cheesecake Pudding Fruit Milk	12 Mac 'n Cheese Peas and Onions Carrots Blueberry Muffin Jello with Fruit Milk	13 Pot Roast w/Veggies Potatoes Green Beans Cornbread Hot Fruit Salad Milk	14 Veg. Lasagna Vegetable Blend Lima Beans Pears Cranberry Juice Milk	3
17 Chicken Marsala Fiesta Corn Carrots Beet/Orange Salad Wheat Bread Vanilla Wafers Milk	18 Hamburger Steak Rice and gravy Broccoli /Cheese Succotash Fruit Cup Grape Juice Milk	19 Mediterranean Pork & Orzo Cauliflower Peas Tropical Fruit Cranberry Juice Milk	20 Baked Spaghetti Green Beans White Bread Applesauce(hot) Orange Juice Milk	21 Turkey/Dressing w/gravy Mashed Potatoes Vegetable Blend Toss Salad Cranberry Sauce Milk	4
24 Beef Stroganoff Mashed Potatoes Spinach White Bread Applesauce Milk	25 BBQ Pork/Bun Carrots Peas Cole Slaw Pineapple Milk	26 Mac 'n Cheese Broccoli Lima Beans Orange Slices Strawberry Shortcake Milk	27 Pesto Chicken & Couscous Zucchini/Squash Cauliflower Wheat Roll Peaches Milk	28 Turkey w/Wild Rice Green Beans Corn Tropical Fruit Oatmeal Creme Cookie Milk	1

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