

Monday, June 29	Tuesday, June 30	Wednesday, July 1 6 oz Chicken Wild Rice Casserole 1/2c. Winter Blend Vegetables 1/2c Pear Halves Bread/Margarine Cookie 8 oz. Low Fat Milk	Thursday, July 2 Frozen Meal Option	Friday, July 3 Frozen Meal Option
Monday, July 6 4 oz Salisbury Steak 1/2c Mashed Potatoes/Gravy 1/2c Lettuce Salad 1/2c Sliced Peaches Cookie 8 oz. Low Fat Milk	Tuesday, July 7 4 oz Pork Loin 1/2 c. Mashed Potatoes/Gravy 1/2c Green Peas 1/2c Tropical Fruit Salad Brownie 8 oz. Low Fat Milk	Wednesday, July 8 6 oz. Veg Beef Soup 3 oz Egg Salad on Bun 1/2 c. Pears Crackers/Margarine 2"x2" Blueberry Crisp 8 oz. Low Fat Milk	Thursday, July 9 Frozen Meal Option	Friday, July 10 Frozen Meal Option
Monday, July 13 4x4 Egg Bake w/Sausage 1/2c Hashbrown 1/2c Mand Oranges 2"x2" Coffecake 8 oz. Low Fat Milk	Tuesday, July 14 3 oz. Chicken Salad 1/2 c. Italian Veg Salad 1/2 c. Fresh Fruit Bun/Margarine 2"x2" Blonde Brownie 8 oz. Low Fat Milk	Wednesday, July 15 6 oz Chicken and Noodles 1/2c Candied Carrots 1/2c Peaches Dinner Roll 1/2 c Ice cream 8 oz. Low Fat Milk	Thursday, July 16 Frozen Meal Option	Friday, July 17 Frozen Meal Option
Monday, July 20 6oz Chicken Noodle Soup 1/2 Ham Sandwich 1/2 Peas & Carrots 1/2c Apricots Cookie 8 oz. Low Fat Milk	Tuesday, July 21 4 oz Swedish Meatballs 1/2c Mashed Potato 1/2c California Blend Dinner Roll Choice Blueberry Dessert 8 oz. Low Fat Milk	Wednesday, July 22 3 oz Lemon Pepper Fish 1/2c Scalloped Potatoes 1/2c Green Beans Corn Muffin 2x2 Brownie 8 oz. Low Fat Milk	Thursday, July 23 Frozen Meal Option	Friday, July 24 Frozen Meal Option
Monday, July 27 6 oz Hamburger Casserole 1/2c Green Beans 1/2c Peach Halves Breadstick 1/2 c Pudding 8 oz. Low Fat Milk	Tuesday, July 28 3 oz Ginger Citrus Chicken 1/2c Rice 1/2c Oriental Vegetable 1/2c Pear Halves 1/2c Fruit Crisp 8 oz. Low Fat Milk	Wednesday, July 29 6 oz Lasagna 1/2 Country Blend Veg 1/2 c Mandarin Oranges Bread/Margarine 2x2 Bar 8 oz. Low Fat Milk	Thursday, July 30 Frozen Meal Option	Friday, July 31 Frozen Meal Option

Meals on Wheels
Dethlefs Community Center
320.796.5208

This service is funded in part by a contract from the Area Agency on Aging with funding from the Federal Older Americans Act through the Minnesota Board on Aging. Additional funds are provided by the State of Minnesota, United Ways, local communities, and other adult contributions. Approved by: Vanessa Berg MS RD LD CDE. Posted menu is regular diet. Diabetic, sodium, and fat restricted diets available upon request. Regular menu provides average of 700-800 calories.



McKale's Catering of New London