

Monday, August 3rd 6 oz Chicken Wild Rice Casserole 1/2 c Winter Blend Vegetables 1/2 cup Apple Sauce Breadstick 2x2 Brownie 8 oz. Low Fat Milk	Tuesday, August 4th Taco Salad: 3ozTaco Meat 1 oz.Cheese,2 Tbsp Salsa 1c.Shred lettuce & Tomatoes 1Tb.Sour Crm, Corn Chips 1/2c. Fruited Jello 8 oz. Low Fat Milk	Wednesday, August 5th 3 oz Liver or Pepper Steak 1/2 c Buttered Boiled Potatoes 1/2c Creamed Corn Bread/Margarine 2x3 Poke Cake 8 oz. Low Fat Milk	Thursday, August 6th Chicken Chow Mein 1/2c Rice Pilaf 1/2c Mand Oranges Bread 1/2c Peach Dessert 8 oz. Low Fat Milk	Friday, August 7th
Monday, August 10th 4 oz Salisbury Steak 1/2c Mashed Potatoes/Gravy 1/2c Coleslaw 1/2c Sliced Peaches Cookie 8 oz. Low Fat Milk	Tuesday, August 11th 4 oz Pork Loin 1/2 c. Mashed Potatoes/Gravy 1/2c Country Blend Veg 1/2c Tropical Fruit Salad 2"x2" Bar 8 oz. Low Fat Milk	Wednesday, August 12th 8 oz. Chicken Dumpling Soup 3 oz Egg Salad Sandwich 1/2 c. Fruit Salad Crackers/Margarine 2"x2" Peach Crisp 8 oz. Low Fat Milk	Thursday, August 13th 4oz Baked Fish 1/2c Potato Wedges 1/2c Green Beans 1 each Dinner Roll/Margarine 1/2c Sherbet 8 oz. Low Fat Milk	Friday, August 14th
Monday, August 17th 4x4 Egg Bake w/Sausage 1/2c Cheesy Hashbrown 1/2c Mand. Oranges 2"x2" Coffecake 8 oz. Low Fat Milk	Tuesday, August 18th 3oz Chick Sal Sandwich 1/2 c. Marinated Veg. Salad Banana Bun/Margarine 2"x2" Blondie 8 oz. Low Fat Milk	Wednesday, August 19th 6 oz Chicken and Noodles 1/2c Candied Carrots 1/2 Pears Dinner Roll 1/2 c. Sherbet 8 oz. Low Fat Milk	Thursday, August 20th 6 oz Rigatoni with Beef 1c Lettuce Salad 1/2c Pineapple Chunks Garlic Breadstick 1/2c Pudding 8 oz. Low Fat Milk	Friday, August 21st
Monday, August 24th 6oz Augratin Pot Soup 1/2 Ham Sandwich 1/2c Peas & Carrots 1/2c Fruit Cocktail Cookie 8 oz. Low Fat Milk	Tuesday, August 25th 4 oz Meatballs 1/2c Mashed Potato 1/2c California Blend Dinner Roll 1/2 c Fruited Jello 8 oz. Low Fat Milk	Wednesday, August 26th 3 oz Lemon Peper Fish 1/2c Scalloped Potatoes 1/2c Green Beans Corn Muffin 2x2 Brownie 8 oz. Low Fat Milk	Thursday, August 27th 4 oz Beef Tips/Gravy 1/2c Mashed Potatoes 1/2c Green Bean Blend Dinner Roll/Margarine Choice Banana Dessert 8 oz. Low Fat Milk	Friday, August 28th
Monday, August 31st 6 oz Hamburger Casserole 1/2c Green Beans 1/2c Peach Halves Breadstick 2x2 Bar 8 oz. Low Fat Milk	Tuesday, September 1st	Wednesday, September 2nd	Thursday, September 3rd	Friday, September 4th

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.

Meals on Wheels
Dethlefs Community Center
320.796.5208



McKale's Catering of New London