


AUGUST 2019

Meals on Wheels

(607) 754-7856

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
		TURN OVER FOR JULY 		
5 MENU A SLICED ROAST TURKEY WITH GRAVY MENU B	6 MENU A OVEN BAKED CHICKEN MENU B	7 BEEF STEW WITH BISCUIT	8 MENU A PIEROGI & SAUTEED ONIONS MENU B	9 MENU A SPINACH QUICHE MENU B
HAM LOAF WITH RAISIN SAUCE	GARLIC VEGGIE PASTA		CHICKEN & DUMPLINGS	HAM & CHEESE QUICHE
12 MENU A CHEF'S SALAD WITH TURKEY MENU B	13 MENU A BEEF CHILI MENU B	14 ROAST BEEF WITH GRAVY	15 MENU A HONEY BAKED CHICKEN MENU B	16 MENU A CHICKEN PARMESAN MENU B
CHEF'S SALAD WITH HAM	WHITE CHICKEN CHILI		HONEY GARLIC PORK CHOP	EGGPLANT PARMESAN
19 MENU A SWEDISH MEATBALLS MENU B	20 MENU A CHICKEN ALFREDO OVER NOODLES MENU B	21 ROAST PORK WITH GRAVY	22 MENU A BAKED POTATO WITH BROCCOLI & CHEESE MENU B	23 MENU A HOMEMADE MAC & CHEESE MENU B
SWEET & SOUR CHICKEN	BEEF STROGANOFF WITH NOODLES		BAKED POTATO WITH CHILI & CHEESE	BAKED FISH WITH RICE
26 MENU A CHEESEBURGER MENU B	27 MENU A SPANISH RICE MENU B	28 MEATLOAF WITH KETCHUP GLAZE	29 MENU A SWEET & SOUR MEATBALLS MENU B	30 MENU A ITALIAN SAUSAGE WITH PEPPERS & ONIONS MENU B
TURKEY BURGER WITH CHEESE	CHICKEN WITH RICE		SEASONED CHICKEN	FISH FLORENTINE