


JULY 2019

Meals on Wheels

(607) 754-7856

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
1 MENU A SLICED ROAST TURKEY WITH GRAVY MENU B HAM LOAF WITH RAISIN SAUCE	2 MENU A OVEN BAKED CHICKEN MENU B GARLIC VEGGIE PASTA	3 BEEF STEW WITH BISCUIT	4 CLOSED FOR INDEPENDENCE DAY MEALS CAN BE ORDERED 	5 MENU A SPINACH QUICHE MENU B HAM & CHEESE QUICHE
8 MENU A CHEF'S SALAD WITH TURKEY MENU B CHEF'S SALAD WITH HAM	9 MENU A BEEF CHILI MENU B WHITE CHICKEN CHILI	10 ROAST BEEF WITH GRAVY	11 MENU A HONEY BAKED CHICKEN MENU B HONEY GARLIC PORK CHOP	12 MENU A CHICKEN PARMESAN MENU B EGGPLANT PARMESAN
15 MENU A SWEDISH MEATBALLS MENU B SWEET & SOUR CHICKEN	16 MENU A CHICKEN ALFREDO OVER NOODLES MENU B BEEF STROGANOFF WITH NOODLES	17 ROAST PORK WITH GRAVY	18 MENU A BAKED POTATO WITH BROCCOLI & CHEESE MENU B BAKED POTATO WITH CHILI & CHEESE	19 MENU A HOMEMADE MAC & CHEESE MENU B BAKED FISH WITH RICE
22 MENU A CHEESEBURGER MENU B TURKEY BURGER WITH CHEESE	23 MENU A SPANISH RICE MENU B CHICKEN WITH RICE	24 MEATLOAF WITH KETCHUP GLAZE	25 MENU A SWEET & SOUR MEATBALLS MENU B SEASONED CHICKEN	26 MENU A ITALIAN SAUSAGE WITH PEPPERS & ONIONS MENU B FISH FLORENTINE
29 MENU A BEEF HOT DOGS WITH MEAT SAUCE MENU B KIELBASA WITH SAUERKRAUT	30 MENU A PULLED PORK MENU B SLOPPY JOE	31 CHEF'S SALAD	MENU SUBJECT TO CHANGE WITHOUT NOTICE 