# JULY 2019 Meals on Wheels (607) 754-7856

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