<table>
<thead>
<tr>
<th>MONDAY</th>
<th>TUESDAY</th>
<th>WEDNESDAY</th>
<th>THURSDAY</th>
<th>FRIDAY</th>
</tr>
</thead>
<tbody>
<tr>
<td>1 Beef Stew</td>
<td>2 Italian Meatballs</td>
<td>3 Chicken Breast w/Gravy</td>
<td>4</td>
<td>5 Hot Dog *</td>
</tr>
<tr>
<td>Parsley Buttered Potatoes</td>
<td>Shells w/Sauce</td>
<td>Mashed Potatoes</td>
<td>INDEPENDENCE DAY</td>
<td>Cole Slaw</td>
</tr>
<tr>
<td>Green Beans Almondine</td>
<td>Ratatouille</td>
<td>Peas and Pearl Onions</td>
<td>CLOSED</td>
<td>Vegetarian Baked Beans</td>
</tr>
<tr>
<td>12 Grain Bread</td>
<td>Oat Nut Bread</td>
<td>100% Whole Wheat Bread</td>
<td></td>
<td>Hot Dog Bun</td>
</tr>
<tr>
<td>Diced Peaches</td>
<td>Diced Pears</td>
<td>Banana</td>
<td></td>
<td>Warm Applesauce</td>
</tr>
</tbody>
</table>


3 | 9 | 10 | 11 | 12 |
|-------|-----|-----|-----|-----|

Spanish Rice | Shredded Turkey w/Gravy | Swedish Meatballs | Pollock Loin | Oriental Pork |
Steamed Cabbage | Boiled Red Potatoes | Buttered Wide Egg Noodles | Sweet Potatoes | Mashed Potatoes |
Green Beans | Mixed Greens | Lyonnaise Carrots | Winter Blend Vegetables | Zucchini & Summer Squash |
Tortilla Shell | Dinner Roll | 12 Grain Bread | 100% Whole Wheat Bread | Oat Nut Bread |
Mixed Fruit | Strawberry Cup | Fresh Orange | Diced Peaches | Pineapple Chunks |


15 Breaded Chicken Drumstick | 16 Sloppy Joe | 17 Cheese Lasagna w/ Marinara | 18 Beef Burgundy | 19 Calico Beans and Sausage |
Lentil Stew | Boiled Red Potatoes | Summer Squash | Buttered Wide Egg Noodles | Collard Greens |
Spinach & Tomato Blend | French Cut Green Beans | Italian Bread | Peas and Carrots | Cauliflower |
Dinner Roll | Hamburg Bun | Warm Fruit Compote | 12 Grain Bread | Oat Nut Bread |
Sliced Pears | Apricots | Salat at Community Meal Sites | Fresh Fruit (Peach or Plum) | Diced Peaches |


22 Fiesta Omelet | 23 Chicken Fajita | 24 Pork Roast w/Gravy | 25 Macaroni & Cheese * | 26 Chicken Marsala |
with Salsa | Black Beans & Rice | Mashed Potatoes | Stewed Tomatoes | Boiled Gold Potatoes w/ Butter |
O'Brien Potatoes | Warm Spiced Beets | Spinach | Italian Beans | Sliced Carrots |
Broccoli Florets | Tortilla | Dinner Roll | 100% Whole Wheat Bread | 12 Grain Bread |
100% Whole Wheat Bread | Tropical Fruit Salad | Applesauce | Diced Pears | Fresh Orange |
Diced Apricots | | | | |


Dietary Information: All meals include 1% Milk 110 calories/125 mg sodium
Calories and sodium from salad dressings, margarine, crackers and condiments are not included. *High Sodium **Modifications for restricted sugar available
Nutrition information provided is not exact but will help guide you.

HOME DELIVERED MEALS: If you will not be home when your meal is delivered, please tell your MOW Driver or CALL US at 1-800-981-5201.

Menu subject to change.