

# Racine County Meals on Wheels Menu

**August 2019 833-8766**

Call before 9:30 am the previous day (Monday-Friday) to cancel a meal.



			<b>1</b> Baked Meatloaf W/ Country Gravy Mashed Potatoes Carrots & Chives Whole Wheat Bread Banana	<b>2</b> Potato Crusted Fish Au Gratin Potatoes Cole Slaw Whole Wheat Bread Hot Applesauce
<b>5</b> Meatball/Marinara Sub Sandwich Potatoes Italiano Italian Green Beans Soft Hoagie Roll Whole Orange	<b>6</b> Salisbury Steak & Vegetables Mashed Potatoes Cabbage & Carrots Multi-Grain Bread Ranger Cookie	<b>7</b> Ham & Turkey Club Focaccia Flat Bread Lettuce & Tomato Pea Salad Pineapple Tidbits	<b>8</b> Chicken & Mini Dumplings Garden Vegetables Corn/Black Bean Salad Multi-Grain Dinner Roll Hot Glazed Apples	<b>9</b> Veal Parmesan Penne Pasta W/Marinara Sauce Broccoli Wheat Vienna Bread Fresh Melon
<b>12</b> Chicken Ala Orange Vegetable Rice Pilaf Bean Salad Wheat Cranberry Bread Hot Peach Crumble	<b>13</b> French Dip of Beef W/Mushrooms/Onions Oven Fries Harvard Beets French Roll Fresh Melon	<b>14</b> Classic Lasagna W/ Meat Sauce Squash Medley Italian Green Beans Garlic Bread Oatmeal Raisin Cookie	<b>15</b> Surimi Crab Salad Mixed Salad Greens W/ Tomato Wedges Dilled Cucumbers Whole Wheat Bread Apple Crisp	<b>16</b> Hot Dog Twice Bake Potato Casserole Peas & Carrots Hot Dog Bun Banana
<b>19</b> Prime Rib of Pork Sweet Potato Mashed Chef's Vegetable Rye Bread Strawberry Yogurt	<b>20</b> Hamburger Baked Beans Mixed Vegetables Wheat Hamburger Bun Fruit Sunburst	<b>21</b> BLT Chicken Salad Mixed Salad Greens W/Tomato Wedges Tri-Bean Salad Crackers Ambrosia Fruit Custard	<b>22</b>  Closed Today Due to Office Move	<b>23</b>  Closed Today Due to Office Move
<b>26</b> Baked Meatloaf W/Country Gravy Mashed Potatoes Stewed Tomatoes Whole Wheat Bread Whole Orange	<b>27</b> Enchilada Breakfast Casserole Diced Hash Browns Peach Cobbler Juice Banana	<b>28</b> Slow Roasted Beef Au Gratin Potatoes Harvard Beets Multi-Grain Dinner Roll Mixed Fruit	<b>29</b> Chicken Booyah & Vegetables Mashed Potatoes Mixed Salad Greens Rye Bread Spiced Apples	<b>30</b> Turkey Pasta Salad W/Shell Rigate Lettuce/Tomato Tri-Bean Salad Whole Wheat Bread Pineapple Tidbits



Menu is subject to change

Diabetic Dessert is offered

Choice of 1%, skim milk, or juice included with each meal