



# Racine County Meals on Wheels Menu

## May 2019      833-8766

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

<u>Chicken Jambalaya:</u> <i>Chicken simmered with polish sausage, green pepper, onion, tomatoes and garlic.</i>		<b>1</b> Jambalaya Brown Rice/Red Peppers Broccoli Corn bread Chilled Pears		<b>2</b> Dilled Tuna Salad Wheat Bun Lettuce/Tomato Garbanzo/Kidney Bean W/Slivered Carrots Chilled Peaches		<b>3</b> Chicken Marbella Rice Florentine Country Blend Veggies Whole Wheat Bread Whole Orange			
<u>Chicken Marbella:</u> <i>Chicken simmered with garlic, Italian herbs, raisins, capers, Spanish olives, brown sugar and white wine.</i>									
<b>6</b> Kielbasa Dilled Baby Red Potatoes Bean Casserole Rye Bread Fruit Cup		<b>7</b> Orzo Chicken Salad Mixed Salad Greens Herbed Tomato Wedges Multi-Grain Bread Pineapple Tidbits		<b>8</b> Spinach & Swiss Souffle Potato Hash Fruit Cup Corn Bread    Fresh Orange		<b>9</b> Baked Meatloaf W/ Country Gravy Mashed Potatoes Carrots & Chives Whole Wheat Bread Banana		<b>10</b> Potato Crusted Fish Filet Au Gratin Potatoes Cole Slaw Whole Wheat Bread Hot Applesauce	
 <b>13</b> Meatball/Marinara Sub Sandwich Potatoes Italiano Italian Green Beans Soft Hoagie Roll Whole Orange		<b>14</b> Salisbury Steak & Vegetables Mashed Potatoes Cabbage & Carrots Multi-Grain Bread Ranger Cookie		<b>15</b> Ham & Turkey Club Focaccia Flat Bread Lettuce/Tomato Pea Salad Pineapple Tidbits		<b>16</b> Chicken & Mini Dumplings Garden Vegetables Corn/Black Bean Salad Multi-Grain Dinner Roll Hot Glazed Apples		<b>17</b> Veal Parmesan Penne Pasta W/ Marinara Sauce Broccoli Wheat Vienna Bread Fresh Melon	
<b>20</b> Chicken Ala Orange Vegetable Rice Pilaf Bean Salad Wheat Cranberry Bread Hot Peach Crumble		<b>21</b> French Dip or Beef W/Mushrooms/Onions Oven Fries Harvard Beets French Roll Fresh Melon		<b>22</b> Classic Lasagna W/ Meat Sauce Squash Medley Italian Green Beans Garlic Bread Oatmeal Raisin Cookie		<b>23</b> Surimi Crab Salad Mixed Salad Greens W/Tomato Wedges Dilled Cucumbers Whole Wheat Bread Apple Crisp		<b>24</b> Hot Dog Twice Bake Potato Casserole Peas & Carrots Hot Dog Bun Banana	
<b>CLOSED TODAY</b> 		<b>28</b> Hamburger Baked Beans Mixed Vegetables Wheat Hamburger Bun Fruit Sunburst		<b>29</b> BLT Chicken Salad Mixed Salad Greens W/ Tomato Wedges Tri-Bean Salad Crackers Ambrosia Fruit Custard		<b>30</b> Spaghetti & Meatballs W/ Marinara Sauce Capri Blend Vegetables Wheat Vienna Bread Chilled Pears		<b>31</b> Herbed Baked Chicken Mashed Potatoes/Gravy Green Bean Casserole Bran Muffin Bread Fresh Melon	



Menu is subject to change

Diabetic Dessert is offered

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