


Racine County Meals on Wheels/Congregate Menu

AUGUST 2022 833-8766

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

1 Kielbasa Dilled baby red potatoes Bean casserole Rye bread; Fruit cup	2 Chef's Choice Frozen (will be delivered/picked up Monday)	3 Souffle Lorraine Potatoes O'Brien Fruit cup Blueberry muffin bread Whole orange	4 Chef's Choice Frozen (will be delivered/picked up Wednesday)	5 Potato Crusted Fish Filet; Coleslaw Au gratin potatoes Whole wheat bread Hot applesauce
8 Meatball Marinara Sub Sandwich Potatoes Italiano Italian green beans Wheat French roll Whole orange	9 Chef's Choice Frozen (will be delivered/picked up Monday)	10 COLD MEAL! Roasted Turkey Breast & Wisconsin Cheddar; Wheat Kaiser;Pea salad Lettuce & tomato Pineapple tidbits	11 Chef's Choice Frozen (will be delivered/picked up Wednesday)	12 Veal Parmesan Penne pasta w/marinara sauce; Broccoli Wheat Vienna bread Fresh melon
15 Chicken ala Orange Vegetable rice pilaf Bean salad Wheat cranberry bread Hot peach crumble	16 Chef's Choice Frozen (will be delivered/picked up Monday)	17 Classic Lasagna w/meat sauce Squash medley Italian green beans Whole wheat bread Chilled pears	18 Chef's Choice Frozen (will be delivered/picked up Wednesday)	19 Hot Dog Twice baked potato casserole Peas & carrots Wheat hot dog bun Banana
22 BBQ Riblet Sweet potato mashed Chef's choice veggie Wheat sandwich bun Strawberry yogurt	23 Chef's Choice Frozen (will be delivered/picked up Monday)	24 COLD MEAL! BLT Chicken Salad Lettuce & tomato Tri-bean salad Crackers Mandarin oranges	25 Chef's Choice Frozen (will be delivered/picked up Wednesday)	26 Herbed Baked Chicken; apple Mashed potatoes w/gravy Green bean casserole Bran muffin bread
29 Baked Meatloaf w/gravy Mashed potatoes Stewed tomatoes Whole wheat bread Whole orange	30 Chef's Choice Frozen (will be delivered/picked up Monday)	31 Slow Roasted Beef Au gratin potatoes Carrots and chives Multigrain dinner roll Mixed fruit		

Menu is subject to change without notice

Diabetic Dessert is offered

Choice of 1% milk or juice included with each meal