


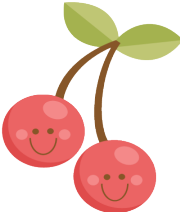




Meals on Wheels Congregate Menu: Wexford and Missaukee County

<p>July 1 Salisbury Steak Mashed Sweet Potatoes California Blend Vegetables Pears Bread</p>	<p>July 2 BBQ Pork w/Bun Baked Potato Cauliflower Peaches</p>	<p>July 3 Parmesan Chicken Red Skin Potatoes Green Beans Pineapple Roll</p>	<p>4 PROGRAM CLOSED </p>	<p>5 PROGRAM CLOSED </p>
<p>July 8 Cheese Omelet Potato Wedges Fiesta Blend Vegetables Fruit Cocktail Bread</p>	<p>July 9 Chicken and Gravy Mashed Potatoes Broccoli Apricots Bread</p>	<p>July 10 Beef Stew w/Veggies Asparagus Scalloped Apples Bread</p>	<p>July 11 Pork Egg Roll Rice Pilaf w/Veggies Sliced Carrots Roll Peaches Dessert</p>	<p>July 12 Baked Fish Red Skin Potatoes Winter Blend Vegetables Pears Bread</p>
<p>July 15 Breaded Chicken Summer Squash Midori Blend Vegetables Tropical Fruit Bread</p>	<p>July 16 Cheeseburger Sweet Potato Puffs European Blend Vegetables Pears Roll</p>	<p>July 17 Pork Fritter Baked Potato Broccoli Mandarin Oranges Bread</p>	<p>July 18 Lasagna w/Meat Sauce Capri Blend Vegetables Italian Blend Vegetables Applesauce Garlic Bread Dessert</p>	<p>July 19 Honey Dijon Chicken Baked French Fries Green Beans Fruit Cocktail Bread</p>
<p>July 22 Meatloaf Baked Potato Winter Blend Vegetables Peaches Bread</p>	<p>July 23 BBQ Chicken Red Skin Potatoes Sliced Carrots Applesauce Bread</p>	<p>July 24 Spanish Rice w/Beef Wax Beans Cauliflower Pears Bread</p>	<p>July 25 Sliced Turkey w/Gravy Mashed Potatoes Green Beans Apricots Dessert</p>	<p>July 26 <u>PICNIC MEAL</u> Sliced Ham Sliced Cheese Sliced Carrots Potato Salad Tropical Fruit Bun</p>
<p>July 29 Sweet and Sour Chicken Rice Pilaf w/ Veggies Oriental Blend Vegetables Mandarin Oranges Bread</p>	<p>July 30 Sloppy Joe w/ Bun Baked Beans Baby Corn Peaches</p>	<p>July 31 Stuffed Green Peppers w/ Beef Baby Bakers Winter Blend Vegetables Tropical Fruit Bread</p>	<p> summer</p>	<p></p>

Milk is served with all meals. This menu is subject to change.

The Michigan Department of Aging and Adult Services provides the regulations regarding this menu.

TO CANCEL MEALS, PLEASE CALL: 775-9781 or 1-800-443-2297