


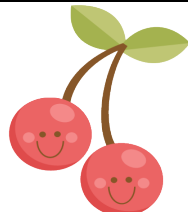




**2024 Meals on Wheels Home Delivered Menu:  
Wexford and Missaukee County**

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