



301 E 8th St. Suite 110 MC  
 PHONE 219-872-9117  
 FAX 219-872-9118

July 2022 Traditional

**Name:** \_\_\_\_\_  
**Address:** \_\_\_\_\_

**MEALS on WHEELS**

Select Option A: or Option B:

Mon	Tue	Wed	Thu	Fri
<i>All meals come with milk or juice, a dinner roll or sandwich bun, and a butter cup</i>	CANCELLATIONS-CALL 219-872-9117 before 10am the day before <u>Entrée subject to change based on client diet.</u>			<b>A: BBQ Chicken</b> <b>B: Veggie Burger</b> Roasted Potatoes Corn Orange
4 closed for Independence Day	5 <b>A: Jeweled Pork Loin</b> <b>B: Herb Crusted Salmon</b> Garden Rice Blend Baby Carrots Pineapple Chunks	6 <b>A: Meatloaf</b> <b>B: Baked Chicken Thigh</b> Mashed Potatoes Green Beans Tapioca Pudding	7 <b>A: Greek Chicken Filling</b> <b>B: Gyro</b> Couscous w/ Chickpeas veggie Apple	8 <b>A: Smothered Turkey</b> <b>B: Lemon Herb Pollock</b> Sweet Potatoes Asparagus Brownie
11 <b>A: Chicken Parmesan</b> <b>B: Beef Burgundy</b> Pasta Broccoli Apple	12 <b>A: Sweet &amp; Sour Pork</b> <b>B: Teriyaki Chicken</b> Rice Vegetable Egg Roll Blushing Pears	13 <b>A: Chicken Tetrazzini</b> <b>B: Vegetable Lasagna</b> Capri Vegetables Salad	14 <b>A: Stuffed Green Pepper</b> <b>B: Apricot Glazed Chicken</b> Roasted Potatoes veggie Lemon Mousse	15 <b>A: Pulled BBQ Pork</b> <b>B: Crabcake</b> Creamy Polenta veggie Strawberry Applesauce
18 <b>A: Sloppy Joe Turkey Burger</b> Sweet Potatoes Capri Blend Vegetables Spiced Peaches	19 <b>A: Cajun Spiced Pork Loin</b> <b>B: Carolina BBQ Chicken</b> Baked Beans Succotash Coleslaw	20 <b>A: Meatballs w/Mushroom Gravy</b> <b>B: Lemon Pepper Chicken</b> Mashed Potatoes Scandinavian Blend Vegetables Cheesy Pea Salad	21 <b>A: Chicken Divan</b> <b>B: Beef Fritter</b> Garden Blend Rice Italian Green Beans Pear with Raisins	22 <b>A: Hamburger</b> <b>B: Fish Sandwich</b> Macaroni & Cheese Cauliflower Cherry Apple Bar
25 <b>A: Cheesy Turkey Casserole</b> <b>B: Beans &amp; Franks</b> Peas & Carrots Applesauce	26 <b>A: Chicken Piccata</b> <b>B: Vegetable Ratatouille</b> Egg Noodles Brussel Sprouts Greek Style Garbanzo Salad	27 <b>A: Orange Chicken</b> <b>B: Pork Chop Suey</b> Brown Rice Vegetable Egg Roll Pineapple Chunks	28 <b>A: Mandarin Pork Roast</b> <b>B: Turkey Meatballs in Thai Chili Sauce</b> Sweet Potatoes Sugar Snap Peas Blueberry Muffin	29 <b>A: Chicken Fajitas</b> <b>B: Beef Fajitas</b> Spanish Rice Corn, Red Bean, Garbazo Fiesta Orange

Every effort will be made to provide your selected meal, but occasionally you may be served another meal due to diet restriction or other circumstances.