



July, 2024 Meals on Wheels

Be sure to give your choices to your driver **BY THE 10th OF THE MONTH**
 in order to receive your chosen meals. Please keep this copy for your records

All holiday meals are packed fresh, stored and delivered frozen to ensure quality. Holidays are denoted in the calendar below

Monday	Tuesday	Wednesday	Thursday	Friday	2 Pack Frozen Meals
<p>1</p> <p>A. Chop Steak w/gravy Mashed Potatoes Green Beans</p> <p>B. Fried Chicken Mashed Potatoes Green Beans</p>	<p>2</p> <p>A. Chicken Marsala Carrots Peas</p> <p>B. Beef Ravioli Carrots Peas</p>	<p>3</p> <p>A. Chicken Wings Sweet Tater Puffs Corn</p> <p>B. Chicken Florentine Brussels Sprouts Corn</p>	<p>4</p> <p>Cheeseburger Sweet Potato Fries Baked Beans</p>	<p>5</p> <p>Maple Glazed Ham Mashed Potatoes Peas</p>	<p>Pack 2 A</p> <p>Pack 2 B</p> <p>Pack 2 C</p>
<p>8</p> <p>Manager Choice</p>	<p>9</p> <p>Manager Choice</p>	<p>10</p> <p>A. Sloppy Joe Tater Tots Creamed Corn</p> <p>B. Beef and Mack Peas Creamed Corn</p>	<p>11</p> <p>A. Chili Corn Cinnamon Apples</p> <p>B. Chicken Salad Three Bean Salad Peaches</p>	<p>12</p> <p>A. Chicken Parmesan Broccoli Carrots</p> <p>B. Cheese Omelet Tater Tots Cinnamon Apples</p>	<p>Pack 2 A</p> <p>Pack 2 B</p> <p>Pack 2 C</p>
<p>15</p> <p>A. Ham Salad Beets Pears</p> <p>B. BBQ Riblet Sweet Tater Puffs Peas</p>	<p>16</p> <p>A. Biscuits/Sausage Gravy Hash Browns Cinnamon Apples</p> <p>B. Stuffed Shells Lima Beans Cauliflower</p>	<p>17</p> <p>A. Mac and Cheese Stewed Tomatoes Peas</p> <p>B. Beef Stew Cauliflower</p>	<p>18</p> <p>A. Picante Chicken Au Gratin Potatoes Lima Beans</p> <p>B. Salisbury Steak Au Gratin Potatoes Lima Beans</p>	<p>19</p> <p>A. Sausage Gravy Biscuit Eggs Diced Potatoes Cinnamon Applesauce</p> <p>B. Beef and Mac Cinnamon Apples Peas</p>	<p>Pack 2 A</p> <p>Pack 2 B</p> <p>Pack 2 C</p>
<p>22</p> <p>A. Italian Sausage Onion and Peppers Baby Bakers</p> <p>B. Spaghetti and Meatballs Mixed Vegetables</p>	<p>23</p> <p>A. Meatloaf Mashed Potatoes Carrots</p> <p>B. Chopped Steak Au Gratin Potatoes Brussels Sprouts</p>	<p>24</p> <p>A. Country Fried Steak Mashed Potatoes Corn</p> <p>B. Honey Ham Sweet Potatoes Corn</p>	<p>25</p> <p>A. Turkey Sweet Potatoes Peas</p> <p>B. BBQ Chicken Sandwich Oven Potatoes Peas</p>	<p>26</p> <p>A. Pancakes and sausage Cinnamon Apples Oven Potatoes</p> <p>B. Stuffed Shells Broccoli</p>	<p>Pack 2 A</p> <p>Pack 2 B</p> <p>Pack 2 C</p>
<p>29</p> <p>A. Swiss Steak Scalloped Potatoes Lima Beans</p> <p>B. Sausage and Egg Strata Oven Potatoes Cinnamon Apples</p>	<p>30</p> <p>A. Pineapple Chicken Baby Bakers Mixed Vegetables</p> <p>B. Roast Pork Cabbage Mashed Potatoes</p>	<p>31</p> <p>A. Stuffed Peppers Lima Beans</p> <p>B. Baked Chicken W/gravy Mashed Potatoes Lima Beans</p>			
<p>* *Milk, butter, bread, and fruit will be provided with all meals** * Diabetics- will receive non starchy vegetable If you have any questions, please give us a call at 513-867-6222</p>			2 Pack Frozen Meal Choice		
			Pack 2 A	Pack 2 B	Pack 2 C
			We will not be offering a frozen pack choice this month. You will receive frozen meals based on availability.		Manager Choice Meals produced in house.