



August, 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. Fried Chicken Mashed Potatoes Green Beans</p> <p>B. Stuffed Pepper Tomato Sauce Carrots</p>	<p>2</p> <p>A. Fried Egg, Sausage Hash Brown Cinnamon Apples</p> <p>B. Spaghetti Meatballs Mixed Vegetables Brussels Sprouts</p>	<p>Pack 2 A</p> <p>Pack 2 B</p> <p>Pack 2 C</p>
<p>5</p> <p>A. Roast Pork Au Gratin Potatoes Carrots</p> <p>B. Meatloaf Au Gratin Potatoes Carrots</p>	<p>6</p> <p>A. Chicken Salad Three Bean Salad Potato Salad</p> <p>B. Soup Beans Oven Potatoes Cinnamon Apples Corn Muffin</p>	<p>7</p> <p>A. Swiss Steak Mashed Potatoes Green Beans</p> <p>B. Pot Roast Mashed Potatoes Green Beans</p>	<p>8</p> <p>A. Ham Sweet Potato Cauliflower</p> <p>Salisbury Steak Sweet Potato Cauliflower</p>	<p>9</p> <p>A. Sausage & Egg Strata Hash Brown Cinnamon Apples</p> <p>B. Chicken Marsala Mixed Vegetables Brussels Sprouts</p>	<p>Pack 2 A</p> <p>Pack 2 B</p> <p>Pack 2 C</p>
<p>12</p> <p>A. Chicken Strips Sweet Tater Puffs Corn</p> <p>B. Chili Corn Cinnamon Apples</p>	<p>13</p> <p>A. Biscuits/Sausage Gravy Eggs and Diced Potatoes Cinnamon Apples</p> <p>B. BBQ Beef Potatoes O'Brien Baked Beans</p>	<p>14</p> <p>A. Ham Salad Pea Salad Baked Beans</p> <p>B. Beef Stroganoff Green Beans Carrots</p>	<p>15</p> <p>A. Beef Stew Cauliflower Applesauce</p> <p>B. Chicken Stir Fry fried Rice Green Beans Stir Fry Vegetable</p>	<p>16</p> <p>A. Chopped Steak Mashed Potatoes Green Beans</p> <p>B. Country Fried Steak Mashed Potatoes Green Beans</p>	<p>Pack 2 A</p> <p>Pack 2 B</p> <p>Pack 2 C</p>
<p>19</p> <p>A. Western Omelet Tater Tots Cinnamon Apples</p> <p>B. Chicken Wings Sweet Tater Puffs Peas</p>	<p>20</p> <p>A. Lasagna Spinach Mixed Vegetables</p> <p>B. Swedish Meatballs Spinach Mixed Vegetables</p>	<p>21</p> <p>A. Italian Sausage Red, Pepper, Onions Baby Bakers</p> <p>B. Hawaiian Chicken Baby Bakers Corn</p>	<p>22</p> <p>A. Beef and Mac Peas Cinnamon Applesauce</p> <p>B. Pancakes Sausage and Eggs Oven Potatoes Cinnamon Apples</p>	<p>23</p> <p>A. Chicken Parmesan Broccoli Carrots</p> <p>B. Beef and Noodles Carrots Broccoli</p>	<p>Pack 2 A</p> <p>Pack 2 B</p> <p>Pack 2 C</p>
<p>26</p> <p>A. BBQ Chicken Peas Cream Corn</p> <p>B. Sloppy Joe Peas Cream Corn</p>	<p>27</p> <p>A. Mac and Cheese Stewed Tomatoes Peas</p> <p>B. Crispy Chicken Corn Baked Beans</p>	<p>28</p> <p>A. Stuffed Shells Marinara Sauce Broccoli</p> <p>B. Pancakes Sausage Cinnamon Apples Oven Potatoes</p>	<p>29</p> <p>A. Chicken and Dumplings Beets Carrots</p> <p>B. Turkey Sweet Potatoes Lima Beans</p>	<p>30</p> <p>A. BBQ McRib Sweet Tater Puffs Peas</p> <p>B. Chicken Alfredo Broccoli Carrots</p>	<p>Pack 2 A</p> <p>Pack 2 B</p> <p>Pack 2 C</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
			<p>We will not be offering a frozen pack choice this month. You will receive frozen meals based on availability.</p>		<p>Manager Choice Meals produced in house.</p>