

# July 2022 MOW Menu

Monday	Tuesday	Wednesday	Thursday	Friday
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 <p><b>Suggested Donation: \$2.50</b></p> <p>Donations can be made online at:  <a href="https://slco.org/aging-adult-services/donation/">https://slco.org/aging-adult-services/donation/</a></p>				<p><b>BBQ Pork Sandwich (Independence Day Meal)</b>            Baked Beans            Macaroni Salad            Confetti Coleslaw            Tropical Fruit            Sugar Cookie</p>
4	5	6	7	8
<p><b>Sliced Turkey w/Poultry Gravy</b>            Mashed Sweet Potatoes            Green Peas            Mandarin Oranges &amp; Pineapple</p>	<p><b>Beef Tips (Birthday Meal)</b>            Whipped Potatoes w/Brown Gravy            Green Beans            Stewed Tomatoes            Seasonal Fresh Fruit            Birthday Cupcake</p>	<p><b>Lemon Pepper Chicken</b>            Confetti Rice            Mixed Vegetables            Fresh Fruit            Lemon Pudding w/Berries</p>	<p><b>Breaded Fish</b>            Delmonico Potatoes            Glazed Carrots            Seasonal Fresh Fruit            Chocolate Chip Cookie</p>	<p><b>Chef Salad</b>            Mixed Fruit            Saltine Crackers            Citrus Gelatin</p>
11	12	13	14	15
<p><b>Cheeseburger</b>            Baked Beans            Chuckwagon Corn</p>	<p><b>Egg Salad Sandwich</b>            Kidney Bean Salad            Pineapple Tidbits            Orange Gelatin</p>	<p><b>Baked Chicken w/Poultry Gravy</b>            O'Brien Potatoes            Green Peas            Seasonal Fresh Fruit            Sugar Cookie</p>	<p><b>Sweet &amp; Sour Meatballs</b>            Parslied Rice            Mixed Vegetables            Fresh Fruit</p>	<p><b>BBQ Chicken Salad</b>            Tropical Fruit            Saltine Crackers            Vanilla Pudding</p>
18	19	20	21	22
<p><b>Swiss Steak</b>            Roasted Red Potatoes            Mixed Vegetables            Seasonal Fresh Fruit</p>	<p><b>Honey Dijon Baked Chicken Leg Quarter</b>            Parslied Rice            Pineapple Slaw            Mixed Vegetable Blend</p>	<p><b>Sliced Turkey Sandwich</b>            Cucumber Onion Salad            Mandarin Oranges &amp; Pineapple            Chocolate Chip Cookie</p>	<p><b>Breaded Fish</b>            Roasted Red Potatoes            Brussel Sprouts            Seasonal Fresh Fruit</p>	<p><b>Bratwurst (Pioneer Day Meal)</b>            Harvard Beets            Potato Salad            Fresh Fruit            Peach Cobbler</p>
25	26	27	28	29
<p><b>Beef Patty w/Brown Gravy &amp; Onions</b>            Lyonnaise Potatoes            Carrots            Seasonal Fresh Fruit            Lime Gelatin</p>	<p><b>Nacho Cheese Chicken</b>            Brown Rice w/Cilantro            Black Beans            Mixed Vegetables            Pineapple Lime Whip</p>	<p><b>BBQ Pork Patty Sandwich</b>            Ranch Beans            Mixed Salad            Hot Cinnamon Applesauce</p>	<p><b>Meatballs w/Country Gravy</b>            Whipped Potatoes            Mixed Vegetables            Mandarin Oranges &amp; Pineapple            Sugar Cookie</p>	<p><b>Turkey Salad Sandwich (w/Cranberries &amp; Nuts)</b>            Cucumber Tomato Salad            Seasonal Fresh Fruit</p>

Some items may be subject to change due to product availability | All meals served with 8 oz milk and appropriate condiments