




Meals on Wheels, a program of FeedMore WNY

**JULY 2019 MENU**



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	<p align="center"><b>NEED TO CANCEL MEALS?</b></p> <p align="center"><b>It is very important that you notify us if you are not going to be home to avoid unnecessary meal deliveries.</b></p> <p align="center"><b>All cancellations for meals will be accepted up until 2:00pm prior to the day of delivery.</b></p> <p align="center"><b>If you need to cancel meals, please call (716) 822-2002.</b></p>				
<b>1</b> Cheese Ravioli w/ Tomato Meat Sauce/ Peas (53g CHO)  Turkey/White Bread (24g CHO)	<b>2</b> Quarter Chicken w/ Gravy/ Carrots/Cauliflower (19g CHO)  Egg Salad/Wheat Bread (23g CHO)	<b>3 Independence Day Meal</b> Hot Dog w/ Baked Beans/ Zucchini/ Corn/Hot Dog Roll/Special Dessert(96g CHO)  Roast Beef /Rye Bread/ Potato Salad (52 g CHO)	<b>4 Independence Day</b>  <b>NO MEALS Served Today</b> 	<b>5</b> Cheese Omelet w/ Creole Sauce/Cheesy Diced Potatoes/ Muffin (50g CHO)  Ham/ Rye Bread/(34g CHO)					
<b>8</b> Boneless Chicken Breast w/ Marsala Sauce/Mixed Vegetables/Cauliflower (21g CHO) Peanut Butter & Jelly/Wheat Bread (33g CHO)	<b>9</b> Macaroni & Cheese/Diced Beets (36g CHO)  Hard Boiled Eggs w/Mayo/ Rye Bread/Carrot Raisin Salad (48g CHO)	<b>10</b> Polish Sausage w/ Sauerkraut/ Fresh Roasted Red Skin Potato/Hot Dog Bun (46g CHO)  Turkey/White Bread (24g CHO)	<b>11</b> Tortellini w/ Tomato Meat Sauce (76g CHO) Chicken Salad w/ Cranberries/ White Hamburger Roll (38g CHO)	<b>12</b> Salisbury Steak w/ Onion Gravy/Scalloped Potatoes/ Peas (52g CHO)  Ham/Multigrain Bread (40g CHO)					
<b>15</b> Turkey Breast w/ Gravy/ Mashed Potatoes/ Carrots (33 CHO)  Yellow American Cheese/ Rye Bread (36g CHO)	<b>16</b> Beef Pepper Steak Casserole/White Rice (30g CHO)  Tuna Salad/Wheat Bread (24g CHO)	<b>17</b> Meatballs w/ Tomato Sauce & Mozzarella Cheese/ Penne Pasta (40g CHO)  Egg Salad/Wheat Bread (23g CHO)	<b>18</b> Roast Pork Loin w/ Cranberry Chutney/Sweet Potato/ (62g CHO) Cooked Chicken Breast/ Rye Bread/Carrot Pineapple Salad (47g CHO)	<b>19</b> Baked Tilapia w/ Creole Sauce/ Red Skin Potato (28g CHO)  Turkey/White Bread/ Confetti Coleslaw (37g CHO)					
<b>22</b> Veal Parmesan/Tomato sauce/ Mozzarella Cheese/ Italian Bread (37gms CHO)  Peanut Butter & Jelly/White Bread (33g CHO)	<b>23</b> Panko Breaded Chicken Thigh/Cheddar Mashed Potato/Lima Bean Bake (51g CHO)  Tuna Salad/Wheat Bread (24g CHO)	<b>24</b> Beef Stroganoff/ Brown Rice (29g CHO)  Turkey/Multigrain Bread (40g CHO)	<b>25</b> Chicken Cordon Bleu w/ Herb Cream Sauce/Rice Pilaf/ Orange Glazed Carrots (36g CHO)  Ham/Rye Bread (34g CHO)	<b>26</b> Ham Steak w/ Brown Sugar Maple Glaze/Cheesy Scalloped Potatoes/Brussel Sprouts/ Cornbread (63g CHO)  Chicken Salad/Wheat Bread (25g CHO)					
<b>29</b> Chicken Vegetable Casserole/ Biscuit (35g CHO)  Peanut Butter & Jelly/ Multigrain Bread (53g CHO)	<b>30</b> Hot Dog w/ Roll/Chili Sauce/Roasted Red Potato (49g CHO)  Turkey/Tortilla Shell (16g CHO)	<b>31</b> Roast Pork Loin w/ Gravy/ Mashed Squash/ Creamed Cabbage w/ Dill (37g CHO)  Egg Salad/White Bread/ Potato Salad (45g CHO)	<p align="center"><b>NOTE ON SPECIAL DIETS:</b></p> <p align="center">Meals may be different than stated on the menu to meet dietary requirements. If you are on a special diet and have questions, please contact the Nutrition Dept at 822-2002.</p> <p align="center"><b>ALL MENUS SUBJECT TO CHANGE WITHOUT NOTICE</b></p>						