



June 2017

SUGGESTED DONATION: \$2.00 PER MEAL

Menu Subject to Change Without Notice

MEALS ON WHEELS BY ACC
"ALL SEASONS CAFE"

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY


For more information about our program, visit our website at www.mowsac.org



Happy Father's Day!
Sunday, June 18




1
Chicken & Tomato Basil Penne
Green Beans
Corn w/Peppers
Whole Wheat Bread w/Marg
Banana

2
Zesty Orange Pork* & Rice 
Green Peas
Carrots
Whole Wheat Bread w/Marg
Apple

5
Mushroom Swiss Chicken Breast & Rice
Cinnamon Apples
Peas & Carrots
Bran Muffin w/Marg
Blended Juice

6
Chipotle Meatloaf (beef)
Red Skin Potatoes
Seasoned Green Beans
Whole Wheat Bread w/Marg
Pineapple Cup

7
Grilled Pork*  w/Gravy
Mixed Greens
Sweet Potatoes
Whole Wheat Bread w/Marg
Raisins

8
Pesto Chicken
Carrots
Brussels Sprouts
Whole Wheat Bread w/Marg
Banana 

9
Spaghetti and Meatballs (beef)
Whole Kernel Corn
Broccoli
Whole Wheat Bread w/Marg
Apple

12
Beef Patty w/Onion Gravy
Red Skin Potatoes
Broccoli
Whole Wheat Bread w/Marg
Grape Juice

13
Chicken Cacciatore
Asparagus
Hash Browns
Whole Wheat Bread w/Marg
Apple

14
Tilapia (fish) w/Spinach Sauce
Sweet Potatoes
Cauliflower
Bran Muffin w/Marg
Applesauce Cup 


15
Veal (beef) Parmesan
Carrots
Green Pea Blend
Whole Wheat Bread w/Marg
Raisins

16
Honey Mustard Chicken
Sweet Potatoes
Brussels Sprouts
Whole Wheat Bread w/Marg
Banana

19
New Orleans Chicken & Rice
Sweet Potatoes
Green Beans
Whole Wheat Bread w/Marg
Mixed Fruit Cup

20
All Beef Patty w/Gravy
Mixed Greens
Seasons Vegetables
Whole Wheat Bread w/Marg
Raisins

21
Penne Chicken Alfredo
Carrots
Corn w/Peppers
Whole Wheat Bread w/Marg
Orange

22
Breakfast Scramble* 
Asparagus
Hash Browns
Whole Wheat Bread w/Marg
Banana

23
Beef & Chipotle Cheesy Rice
Whole Kernel Corn
Broccoli
Whole Wheat Bread w/Marg
Orange Juice

26
Sausage* & Beans 
Winter Vegetables
Cabbage
Whole Wheat Bread w/Marg
Raisins

27
Pollock (fish) w/Coconut Rice 
Cinnamon Apples
Broccoli
Whole Wheat Bread w/Marg
Apple Juice

28
Chicken Florentine
Asparagus
Carrots
Bran Muffin w/Marg
Strawberry Applesauce

29
Beef Meatballs w/Alfredo Shells
Whole Kernel Corn
Green Beans
Whole Wheat Bread w/Marg
Orange

30
Southwest Chicken
Sweet Potatoes
Broccoli
Whole Wheat Bread w/Marg
Banana