













HAPPY FOURTH OF JULY 2017

MEALS ON WHEELS BY ACC
"ALL SEASONS CAFE"



SUGGESTED DONATION: \$2.00 PER MEAL

Menu Subject to Change without Notice

MONDAY		TUESDAY		WEDNESDAY		THURSDAY		FRIDAY	
Chicken & Dumplings Lima Beans Winter Vegetables Whole Wheat Bread w/Marg Apple	3	  INDEPENDENCE DAY No Meal Service	4	Beef Pepper Patty w/Gravy Mixed Greens Sweet Potatoes Whole Wheat Bread w/Marg Raisins	5	Ginger Pork*  Red Skin Potatoes Green Pea Blend Whole Wheat Bread w/Marg Orange Juice	6	BBQ Chicken Breast Sweet Potatoes Broccoli Whole Wheat Bread w/Marg Banana	7
BBQ Chicken Drumsticks Brussels Sprouts Black Beans & Corn Whole Wheat Bread w/Marg Apple	10	Salisbury Steak (beef) Red Skin Potatoes Mixed Vegetables Whole Wheat Bread w/Marg Grape Juice	11	Mushroom Swiss Chicken Breast Cinnamon Apples Peas & Carrots Whole Wheat Bread w/Marg Pineapple Cup	12	Pizzaiola Pork*  Asparagus Carrots Whole Wheat Bread w/Marg Raisins	13	Beef Strips w/Orange Rice  Broccoli Corn w/Peppers Whole Wheat Bread w/Marg Banana	14
Veal (beef) Parmesan Carrots Green Pea Blend Whole Wheat Bread w/Marg Blended Juice	17	Rosemary Chicken Cinnamon Apples Spring Vegetables Whole Wheat Bread w/Marg Raisins	18	Beef Meatballs over Pizzaiola Pasta  Green Beans Carrots Whole Wheat Bread w/Marg Orange	19	Tilapia (fish) w/Spinach Sauce Sweet Potatoes Cauliflower Bran Muffin w/Marg Applesauce Cup	20	Zesty Orange Chicken & Rice Kidney Beans Corn w/Peppers Whole Wheat Bread w/Marg Banana	21
Honey Lemon Chicken & Rice  Black Beans & Corn Brussels Sprouts Whole Wheat Bread w/Marg Apple	24	Stuffed Shell & Meat (beef) Sauce Northern Beans Spring Vegetables Whole Wheat Bread w/Marg Orange Juice	25	Breakfast Scramble*  Asparagus Hash Browns Bran Muffin w/Marg Mixed Fruit Cup	26	Bruschetta Chicken  Red Skin Potatoes Green Beans Whole Wheat Bread w/Marg Banana	27	All Beef Patty w/Gravy Mixed Greens Seasons Vegetables Whole Wheat Bread w/Marg Raisins	28
Chicken over Rice & Gravy Carrots Green Peas Bran Muffin w/Marg Orange	31	   <p>For more information about our program visit our website at www.mowsac.org</p>							