

July 2022

Meals On Wheels (MOW) Menu

Grab&Go/Meals on Wheels - 753-5084

<http://www.cortland-co.org/434/Area-Agency-on-Aging>

The suggested contribution is \$3.00.

Menu is subject to change without notice.

| Mon | Tue | Wed | Thu | Fri |
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| | | | | 1. Chicken Patty on Bun Mixed Vegetables Hot Apple Slices |
| Independence Day Closed | 5. Scalloped Potatoes w/ Ham Beets Peas Apricots | 6.Sausage, Peppers, & Onions On Roll Coleslaw Fresh Fruited Salad | 7.Chef Salad Cold Plate Whole Wheat Roll Potato Salad Corn, Cucumber, & Tomato Salad Grapes | 8. Pasta w/ Meat Sauce Whole Wheat Bread Cauliflower Peaches Oatmeal Raisin Cookie |
| 11. Philly Chicken w/ Mushrooms, Peppers, Onion & Cheese on Bun Mashed Sweet Potatoes Applesauce | 12. Chili Dog on Bun California Blend Vegetables Pears | 13. Macaroni & Cheese Stewed Tomatoes Broccoli Apricots | 14. Taco Salad w/ Salsa Seasoned Rice Refried Beans Fruited Jell-O | 15. Meatball Sub Green Beans Coleslaw Mandarin Oranges |
| 18. Chipped Beef Over Mashed Potatoes Beets Tossed Salad Fruit Whip | 19. Chicken Salad Cold Plate Whole Wheat Roll Macaroni Salad 3 Bean Salad Peanut Butter Brownie | 20. Pasta w/ Meat Sauce Broccoli Cauliflower Chocolate Pudding w/ topping | 21. Boiled Ham Dinner Cabbage & Carrots Potatoes Whole Wheat Bread Applesauce | 22. Beef Stew Biscuit Peas Pineapple |
| 25. Baked Chicken Fillet Stuffing with Country Gravy Capri Blend Vegetables Mixed Fruit Fig Bar | 26. Yankee Pot Roast Boiled Potatoes Baby Carrots Whole Wheat Bread Mandarin Oranges | 27. Sweet & Sour Chicken over Rice Southwestern Blend Vegetables Hot Asian Slaw Pears | 28. Salisbury Steak Loaded Baked Potato Broccoli Tossed Salad Banana | 29. Potato Crusted Baked Fish Macaroni & Cheese Green Beans Coleslaw Peaches |