





| MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY |
|---|--------------------------|--|------------------|--|
| Eating 20 meals this month in the dining room + 1 MOW = \$53.50. Meals on Wheels delivery cost for all 21 meals this month = \$73.50. Please pre-pay for your meals. Thank you! | | Please return your menu with the meals you would like no later than July 24th | | 1 Beefy Mac & Cheese Cauliflower |
| 4 | 5 | 6 | 7 | 8 |
| Crispy Chicken Sandwich | Fish Tacos | Ham & Turkey Roll Up | Homemade Lasagna | Cheesy Sausage & |
| Lettuce & Tomato | Pico de Gallo | Veggie Soup | Garlic Bread | Peppers Pasta |
| Onion Rings | Tartar Sauce | Crackers | Pineapple Fluff | |
| Vanilla Pudding | Strawberry Cake | Apple Crisp | | |
| 11 | 12 | 13 | 14 | 15 |
| Turkey Pot Pie Soup | Homemade Chicken | Chef Salad | Meatloaf | Pulled Pork Sandwich |
| Biscuit | Taquitos, Spanish Rice, | Dinner Roll | Mashed Potatoes | Baked Beans |
| Chocolate Pudding | Lettuce & Tomato | Fruit Salad | Carrots | Coleslaw |
| | Garnish, | | Pears | |
| | Strawberries & Bananas | | | |
| 18 | . 19 | 20 | 21 | 22 |
| Chili Dog | Breakfast Burrito | Crispy Baked Tilapia | MOW ONLY | Homemade Chicken |
| Cheese/Onions | Street Corn Salad | Baked Potato | Cheeseburger | Noodle Soup |
| Fruit Cocktail | Bread Pudding | Broccoli Salad | Lettuce & Tomato | Caesar salad |
| | | Cookie | Tater Tots | |
| | | | Jell-O Cup | |
| 25 | 26 | 27 | 28 | 29 |
| Pancakes | BBQ Chicken Wings | Chicken & Mushrooms in | Spaghetti w/Beef | Egg Salad Sandwich |
| Scrambled Eggs | Potato Salad | Gravy over Mashed | 3 Bean Salad | Beets |
| Ham Slice | Cottage Cheese & | Potatoes | Garlic Knot | Pretzels |
| Yogurt | Peaches | Peas | Ice Cream Bar | 2 |
| | | Brownie | | |

Moffat County Senior Meal Program for meal reservations please call 824-3911 by 8:00A.M. *Meals are subject to change without notice.