



City Fare Meals on Wheels Menu July 2020



Monday

Tuesday

Wednesday

Thursday

Friday

		7/1 Chicken Drumsticks Sweet Potatoes Broccoli Spears Applesauce Cup Apple Waffle Cookie	7/2 Oven Fried Chicken Baked Beans Corn Fresh Seasonal Fruit Mini Corn Muffin 	7/3 CLOSED 
7/6 Hamburger on a Hamburger Roll Seasoned Greens Sweet Potato Wedges Fresh Plum or Orange Ketchup	7/7 Turkey & Mozzarella on Ciabatta Bread with Balsamic Dressing, Lettuce & Tomato Red Skin Potato Salad w. Egg Chocolate Fudge Pudding	7/8 Grilled Chicken with Marinara Sauce & Mozzarella cheese over Penne Pasta Italian Blend Veggies Apple Sauce Dinner Roll	7/9 Italian Hoagie on White Sub roll w. shredded lettuce & tomato Pineapple tidbits Cucumber salad Mayo packet	7/10 Flounder with Lemon & Parsley Sauce Macaroni & Cheese Stewed Tomatoes Mixed Fruit Cup Chocolate Chip Muffin
7/13 Cheese Ravioli in Meat Sauce Italian Blend Veggies Apple Crisp 12 Grain Bread Slice	7/14 Ham & Swiss on Club Roll with Lettuce, Tomato & Onion Coleslaw Pineapple Tidbits Mustard	7/15 BBQ Chicken Breast Roasted Baby Bakers Baked Beans Peach cup Strawberry Waffle Cookie	7/16 Cheese Omelet & Sausage Broccoli Spears Diced Red Potatoes w. Peppers & Onion Orange Blueberry Muffin	7/17 Turkey with Gravy Sweet Potatoes Green Beans 12 Grain Bread slice Yogurt Cranberry Sauce
7/20 Pulled Pork w. Au Jus Mashed Potatoes Caribbean Blend Veggies Apple Cornbread loaf	7/21 Chicken Salad Platter Lettuce & Tomato Marinated Veggie Salad Ambrosia Whole Grain Saltines	7/22 Meatball Sub on Club Roll with Mozzarella Cheese Carrots Poached Pear Half	7/23 Italian Hoagie on White Sub roll w. shredded lettuce & tomato Pineapple tidbits Cucumber salad Mayo packet	7/24 Oven Fried Chicken Mashed Potatoes with Gravy Seasoned Greens Fresh Peach or Orange
7/27 Salisbury Steak w. Gravy Baby Lima Beans Carrots Pear Cup Potato Bread slice	7/28 Fire Braised Chicken w. Swiss Cheese & Caramelized Onions on Ciabatta Bread Sweet Potato Puffs Tropical Fruit Cup	7/29 Hot Dog on a Bun Hamburger on a Bun Baked Beans Corn Tropical Fruit 	7/30 Tuna Salad on Kaiser Roll Lettuce & Tomato Marinated Bean Salad Orangecicle Parfait	7/31 Chicken Drumsticks Sweet Potatoes Broccoli Spears Applesauce Cup Apple Waffle Cookie

- All meals subject to change. All meals contain 1% milk .
- Suggested minimum donation for persons 60+ is \$2.00.
- Cancellations must be called in to our office by 12:00 pm the day before the cancellation. We can no longer take cancellations the day of meal service. Ph# 421-3734