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| **MONDAY** | **TUESDAY** | **WEDNESDAY** | **THURSDAY** | **FRIDAY** |
|   |  |  | **1****NEW: BEEF STEW**PolentaPeasFruit Cocktail | **2****NEW: MEDITERRANEAN CHICKEN WITH TZATZIKI SAUCE**QuinoaGreen BeansWarm Cinnamon ApplesLemon Bar |
| **5****HONEY GARLIC CHICKEN**Herbed QuinoaCornPineappleCookie  | **6****POT ROAST AND GRAVY**Mashed PotatoesVegetable Medley BlendDinner Roll and Butter | **7****SPAGHETTI WITH MEAT SAUCE**BroccoliWarm Cinnamon PeachesCookie | **8****ROSEMARY CHICKEN**Roasted PotatoesBeetsWarm Cinnamon PearsDinner Roll with Butter | **9****PORK STIR FRY**Brown RicePeasSliced ApplesCookie***Alt*: Chicken Stir Fry** |
| **12****CHICKEN AND GRAVY**Cous Cous Vegetable Medley BlendWarm Cinnamon PeachesDessert | **13****BEEF MEATLOAF**Mashed PotatoesCarrotsDinner Roll with ButterFruit Cocktail | **14****TUNA CASSEROLE**Whole Wheat Egg NoodlesGreen BeansWarm Cinnamon PeachesCookie***Alt*: Chicken Casserole** | **15****NEW: BBQ TURKEY BOWL**Brown RiceRoasted Sweet PotatoesVegetarian Baked BeansPineapple | **16****BEEF LASAGNA**BroccoliCookie |
| **19****PARMESAN CRUSTED FISH**Brown and Wild Rice PilafCalifornia Vegetable BlendCookie***Alt*: Parmesan Chicken** | **20****BBQ BEEF SANDWICH**Peas and CarrotsSliced ApplesMultigrain Bun | **21****SWEET AND SOUR CHICKEN**Fried RiceGreen BeansFresh Fruit Cup | **22****GARLIC PARMESAN PORK**Herbed QuinoaMashed Sweet PotatoesGreen BeansWarm Cinnamon Pears***Alt*: Garlic Chicken**  | **23****NEW: CHICKEN PENNE PARMA ROSA PASTA**PeasFruit CocktailCookie |
| **26****NEW: FISH TACO BOWL**Brown RicePico de GalloCornCookie***Alt*: Chicken Taco Bowl** | **27****BEEF SLOPPY JOE**Mashed PotatoesCarrotsMultigrain BunPeaches | **28****NEW: GINGER & HONEY GLAZED PORK**Brown Rice BroccoliPineappleDessert***Alt*: Ginger & Honey Glazed Chicken** | **29****BEEF STROGANOFF**Whole Wheat Egg NoodlesPeasPears | **30****ROAST TURKEY WITH GRAVY**Stuffing Green BeansDessert |

**To contact Meals on Wheels, call 651-318-9091. Beverage choice of milk or juice is served with every meal.**

**Call to order weekend meals. Monthly choice meals are:**

1. Chicken with Swiss & Mushrooms 3) Vegetarian Lasagna
2. Beef Pot Roast with Gravy 4) Parmesan Crusted Fish

\*For Roseville Area residents, see Roseville Meals on Wheels Menu at: [www.isd623.org/community/communityed/seniors/meals-wheels](http://www.isd623.org/community/communityed/seniors/meals-wheels)