



Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday	
					7/1/2022 Chicken Salad Sandwich Applesauce Black Bean Salad WW Bread (PT)	7/2/2022 Vanilla Greek Yogurt Greek Chickpea Salad Mandarin Oranges Banana Muffin (PT)	7/3/2022 Taco Salad Mex Bean & Rice Pineapple Salsa Cup (PT)
7/4/2022	7/5/2022	7/6/2022	7/7/2022	7/8/2022	7/9/2022	7/10/2022	
Bagel Peanut butter cup Van Greek Yogurt Carrot/Cranberry Salad	Club Sandwich WW Bread Grape Tomatoes Tropical Fruit Salad Mayo Packet	Marinated Chicken Sandwich WW Bun Garbanzo Bean Salad Melon	SW Chicken Salad Black Bean Salad Diced Pears Italian Dressing LS (PT)	Tuna Salad Sandwich WW Sub Roll Cucumber Salad Fruited Jello	Zesty Chicken Spinach Salad Italian Pasta Salad Fresh Grapes Ranch Dressing LS (PT)	Asian Chicken Salad Asian Pasta Salad Melon Italian Dressing LS (PT)	
7/11/2022	7/12/2022	7/13/2022	7/14/2022	7/15/2022	7/16/2022	7/17/2022	
Sliced Turkey Swiss Cucumber Salad Mandarin Oranges Mayo Packet WW Sub Roll	Chicken Pasta Salad Broccoli Cranberry Salad Pineapple	Chicken Parmesan Salad Festive Italian Pasta Salad Fresh Grapes LS Italian Dressing (PT)	Tuna Salad Sandwich Creamy Fruit Salad Garden Tomato Salad WW Bread (PT)	Chef Salad Macaroni Salad Diced Peaches French Dressing LS (PT)	Vanilla Greek Yogurt Greek Chickpea Salad Mandarin Oranges Muffin (PT)	Chicken Salad Sandwich Sandwich Thin Black Bean Salad Applesauce	
7/18/2022	7/19/2022	7/20/2022	7/21/2022	7/22/2022	7/23/2022	7/24/2022	
Roast Beef & Swiss WW Sub Roll Mandarin Oranges Sweet&Sour Slaw Mayo Packet	Turkey Pasta Salad Garbanzo Bean Salad Diced Peaches	Chicken Bacon Ranch Pasta Salad Grape Tomatoes Fresh Grapes	Chicken Salad Sandwich Applesauce Fresh Broccoli WW bread (PT)	Asian Chicken Salad Asain Pasta Salad Fruited Jello Italian Dressing LS (PT)	Taco Salad Mex Bean & Rice Diced Pears Salsa Cup (PT)	Hard Boiled Eggs Quinoa Vegetable Salad Fruit Salad	
7/25/2022	7/26/2022	7/27/2022	7/28/2022	7/29/2022	7/30/2022	7/31/2022	
Club Sandwich Cucumber Salad Tropical Fruit Salad Mayo Packet WW Bread (PT)	Tuna Pasta Salad Creamy Fruit Salad Grape Tomatoes	Chef Salad Macaroni Salad Fresh Grapes French Dressing LS (PT)	Egg Salad Sandwich Sandwich Thin Cucumber slices Aloha Slaw	Roast Beef & Swiss Sweet & Sour Slaw Diced Peaches Sandwich Thin Mayo Packet	SW Chicken Salad SW Pasta Salad Diced Pears Italian Dressing LS (PT)	Sliced Turkey Sandwich Cheddar Cheese Sandwich Thin Fresh Broccoli Dried Plums Mayo Packet	



MEALS on WHEELS
WESTERN MICHIGAN

Cold Meals

616-459-3111

All meals served with milk

Menu substitutions may occur without notice

