


Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
				7/1/2022	7/2/2022	7/3/2022
				Hamburger Corn Broccoli Banana (PT) Bun (PT)	Chef's Special Fruit Juice (PT)	Cheese Omelet Turkey Sausage Steel Cut Oatmeal Potatoes O'brien Fruit Juice (PT)
7/4/2022	7/5/2022	7/6/2022	7/7/2022	7/8/2022	7/9/2022	7/10/2022
Sweet & Sour Chicken Brown Rice Oriental Blend Broccoli Fresh Orange (PT)	Swiss Steak Gravy Mashed Red Potatoes Seasoned Baby Brussel Sprouts Dinner Roll (PT) Craisins (PT)	Roast Pork Gravy Sweet Potatoes French style green beans Dinner Roll (PT) Banana (PT)	Loaded Mac & Cheese Fajita Chicken Strips Cauliflower Capri Veg Blend Applesauce (PT)	Meatloaf Mashed Potatoes Brown Gravy French Style Green Beans Banana (PT)	Chef's Special Fruit Juice (PT)	Cheese Omelet Turkey Sausage Potatoes O'brien Steel Cut Oatmeal Fruit Juice (PT)
7/11/2022	7/12/2022	7/13/2022	7/14/2022	7/15/2022	7/16/2022	7/17/2022
Roast Turkey Stuffing (HM) Gravy Mashed Potatoes Seasoned Brussel Sprouts Fresh Orange (PT)	Oven Roasted Chicken Thigh Sweet Potatoes Sauteed Spinach Dinner Roll (PT) Applesauce Cup (PT)	Beef Pepper steak Gravy Baked Potato Mixed Vegetables Banana (PT)	Fiesta Turkey Rice Casserole Sweet Corn Broccoli Fruit Juice (PT)	Baked Tilapia Brown and Wild Rice Roasted Red Potatoes French Style Green Beans Banana PT	Chef's Special Fruit Juice (PT)	BREAKFAST BOWL Turkey kielbasa Scrambled eggs Roasted Red potatoes Shredded cheddar cheese Steel Cut Oatmeal Blueberry Crisp
7/18/2022	7/19/2022	7/20/2022	7/21/2022	7/22/2022	7/23/2022	7/24/2022
Meatloaf Mashed Potatoes Brown Gravy French Style Green Beans Fresh Orange (PT)	Panko Crusted Tilapia Sweet Potatoes Broccoli Frozen Fruit Slush Cup (PT)	Salisbury Steak Gravy Baked Potato (3 oz) Buttered Peas Dinner Roll (PT) Banana (PT)	Sweet & Sour Chicken Brown Rice Oriental Blend Broccoli Applesauce Cup (PT)	Chicken Tenders Roasted Red Potatoes Sweet Corn Banana (PT)	Chef's Special Fruit Juice (PT)	French Toast Sticks Turkey Sausage Patty Roasted Red Potatoes Collard Greens Fruit Juice (PT) Syrup (PT)
7/25/2022	7/26/2022	7/27/2022	7/28/2022	7/29/2022	7/30/2022	7/31/2022
Swedish Meatballs Sauce Egg Noodles Glazed Carrots Broccoli Fresh Orange (PT)	Bourbon Chicken Cauliflower Brown Rice Cherry Cobbler (in tray)	Turkey Meatloaf Gravy Mashed Potatoes Mixed Vegetables Banana (PT)	Ginger Soy Flounder Sauce Brown Rice Pilaf Oriental Blend Buttered Peas Applesauce (PT)	Cheese Ravioli Marinara Sauce Buttered Peas Capril Vegetable Blend Banana (PT)	Chef's Special Fruit Juice (PT)	Sausage, Potato, Egg Caserole Steel Cut Oatmeal Buttered Zucchini Fruit Juice (PT)



MEALS on WHEELS
WESTERN MICHIGAN

Hearty Meals

616-459-3111

All meals served with milk

Menu substitutions may occur without notice

