

Monday	Tuesday	Wednesday	Thursday	Friday
<b>Please call (208) 232-1114 Extension 140 BEFORE 8:00 AM if you will not be home to accept your meal.</b>  <b>ALL MEALS ARE PREPARED WITH LITTLE OR NO ADDED SODIUM</b>	<b>Asian Dream Salad</b> 1 Spinach, Lettuce & Carrots Mandarin Oranges Roll & Milk	<b>Ham &amp; Turkey Sandwich</b> 2 Frozen blueberries Roll & Milk	<b>Bacon Cheese Burger Pasta</b> 3 Carrots Mixed berries Milk	<b>Chicken &amp; Rice</b> 4 Beets Melon Mix Roll & Milk
	<b>Parmesan Chicken</b> 7 Roasted potatoes & Spinach Honeydew Milk	<b>Chef Salad</b> 8 Hardboiled Egg Pineapple Roll & Milk	<b>Breakfast Scramble</b> 9 Potatoes Warm apples Biscuit & Milk	<b>Chicken Salad Wrap</b> 10 Carrots Melon Mix Milk
<b>Sloppy Joes</b> 14 Tater tots Blackberries Milk	<b>Chicken Fried Steak</b> 15 Roasted potatoes & beets Cantaloupe Roll & Milk	<b>Ham/Macaroni Casserole</b> 16 Summer mixed veggies Fresh fruit Roll & Milk	<b>Tuna Salad Bagel Sandwich</b> 17 Coleslaw Honeydew Milk	<b>Deluxe Beef Stroganoff</b> 18 Baked Cabbage Fresh fruit Milk
<b>BBQ Pulled Chicken Sandwich</b> 21 Cooked broccoli & potatoes Peaches Milk	<b>Beef Taco Skillet</b> 22 Southwest corn Seasonal fruit Milk	<b>Chef Salad</b> 23 Hardboiled egg Mandarin oranges Roll & Milk	<b>Chicken Pattie Sandwich</b> 24 Cooked Cauliflower Apricots Milk	<b>Turkey Dinner</b> 25 Mashed Potatoes & Zucchini Fresh Fruit Roll & Milk
<b>Baked Lemon Cod</b> 28 Cod fish in lemon butter sauce Broccoli Blueberries Roll & Milk	<b>Turkey Sandwich</b> 29 Broccoli salad Honeydew Milk	<b>Shepherd's Pie</b> 30 Potatoes, peas & carrots in pie Mandarin oranges Roll & Milk		



SEICAA MEALS ON WHEELS OPERATES IN ACCORDANCE WITH THE POLICIES OF THE U.S. DEPARTMENT OF AGRICULTURE, WHICH PROHIBITS DISCRIMINATION ANY PERSON WHO FEELS THEY HAVE BEEN DISCRIMINATED AGAINST BASED ON RACE, SEX, AGE, HANDICAP, RELIGION, OR NATIONAL ORIGIN SHOULD WRITE TO: ADMINISTRATION OF FOOD & NUTRITION SERVICES; 3101 PARK CENTER DRIVE ALEXNADRIA, VA 22302



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