



MEALS ON WHEELS



Please call (208) 232-1114
Extension 140
BEFORE 8:00 a.m. if you
will not be home to accept
your meal.

ALL MEALS ARE PREPARED WITH LITTLE OR NO ADDED SODIUM

Monday	Tuesday	Wednesday	Thursday	Friday
			1. Island Chicken w/ Brown Rice Peas & Carrots Pineapple Milk	2. Country Fritter Steak Small Baked Sweet Potato Cooked Spinach Mixed Berries WG Roll Milk
5. Ham/Turkey Chef Salad Grapes WG Roll Milk	6. Tuna Noodle Casserole Apple WG Roll Milk	7. Chicken Salad Wrap Broccoli-Slaw Mandarin Oranges Milk	8. Tater Tot Hot Dish Corn Melon Mix WG Roll Milk	9. Sausage, Egg & Potato Breakfast Scramble Warm Apples Biscuit Milk
12. Baked Lemon Cod w/ WG Noodles Cooked Spinach Orange Milk	13. Chicken Haystack Bowl Pears WG Roll Milk	14. BBQ Pulled Pork Sandwich Small Baked Sweet Potato Cooked Cauliflower Banana Milk	15. Parmesan Chicken w/ Penne Pasta Broccoli Mandarin Oranges Milk	16. Tuna Salad Bagel Sandwich Coleslaw Pears Milk
19. Berry Salad w/ Diced Chicken WG Roll Milk	20. Turkey Dinner Small Baked Potato Peas & Carrots Peaches Bread Milk	21. Sweet & Sour Meatballs Rice Peas & Carrots Pineapple Roll Milk	22. Pork Roast Roasted Potatoes Cooked Cauliflower Pears Dinner Roll Milk	23. Turkey BLT Cauliflower Salad Pineapple Milk
26. Meat Loaf Mashed Potatoes Cooked Broccoli Mixed Berries WG Roll Milk	27. Chicken Strips Scalloped Potatoes Cooked Spinach Melon Mix Milk	28. Sloppy Joe Tater Tots Mixed Veggies Banana Milk	29. Asian Dream Salad w/ Diced Chicken Melon Mix WG Roll Milk	30. Baked Ham Mashed Potatoes & Gravy Mixed Veggies Grapes WG Dinner 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 believes he or she has been discriminated against on the basis of race, sex, age, handicap, religion or national origin. should write to: Administration, Food & Nutrition Services, 3101 Park Center Drive, Alexandria, VA 22302.