

# 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
	<b>1.</b> Tuna Salad Bagel Sandwich Coleslaw Pears Milk	<b>2.</b> Chicken Enchilada Brown Rice Southwestern Corn Orange Milk	<b>3.</b> Baked Lemon Cod Over Lemon Garlic Noodles Spinach Peaches Milk	<b>4.</b> Berry Salad w/ Diced chicken, Blueberries & Strawberries WG Roll Milk
<b>7. OFFICE CLOSED</b> 	<b>8.</b> Turkey Casserole Carrots Warm Apples Milk	<b>9.</b> Breakfast Scramble Warm Apples Biscuit Milk	<b>10.</b> Pulled BBQ Pork Sandwich Sweet Potato Broccoli Apricots Milk	<b>11.</b> Chicken Salad Wrap w/ Carrots, Onion, & celery Grapes Milk
<b>14.</b> Beef Stroganoff Mixed Vegetables Peaches Bread Milk	<b>15.</b> Sweet & Sour Meatballs Over Rice Peas & Carrots Pineapple Milk	<b>16.</b> Baked Lemon Chicken Over Brown Rice Broccoli Apples Milk	<b>17.</b> Meat Loaf Mashed Potatoes & Gravy Cauliflower Mixed Berries Milk	<b>18.</b> Ham & Turkey Chef Salad Grapes Roll Milk
<b>21.</b> Turkey BLT Cauliflower Salad Pears Milk	<b>22.</b> Shepherd's Pie Mandarin Oranges Dinner Roll Milk	<b>23.</b> Chicken Haystack Bowl w/ Mashed Po- tatoes & Corn Apricots Milk	<b>24.</b> Tater Tot Hot Dish w/ Peas & Carrots Apricots Dinner Roll Milk	<b>25.</b> Turkey Dinner Mashed Potatoes & Gravy Peas & Carrots Grapes Bread Milk
<b>28.</b> Parmesan Chicken Over Pasta Broccoli Grapes Milk	<b>29.</b> Sloppy Joe Mixed Veggies Tater Tots Pears Milk	<b>30.</b> Baked Ham Mashed Potatoes & Gravy Mixed Veggies Fresh Fruit 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.