

MILWAUKEE COUNTY

MEALS ON WHEELS



(414) 358-6527



**MEALS ON WHEELS
AMERICA**

JULY

Monday	Tuesday	Wednesday	Thursday	Friday
Goodwill Greater Milwaukee & Chicago MEALS ON WHEELS * Menu subject to change without notice	find us on Facebook \$4.00 SUGGESTED CONTRIBUTION = Diabetic Dessert	Turkey BLT Salad 1 <i>Turkey, Bacon, Cheese</i> <i>Romaine, Tomato, Ranch</i> Crusty Roll Jello Fresh Pear	Bratwurst 2 Bun Broccoli & Cheese Baked Beans Caramel Apple Bar Apple	CLOSED 3
Brunch for Lunch 6 Cheesy Denver Omelet Breakfast Potatoes Sautéed Spinach Orange Juice Banana Bread/Muffin	Grilled Chicken 7 Bun Smashed Red Potatoes Southwest Vegetables Ambrosia Lorna Doone Cookies	Chef's Salad 8 <i>Turkey, Ham, Cheese</i> <i>Egg, Tomato, Dressing</i> French Bread Fruited Yogurt Mixed Melon Cup	Smothered Chicken 9 Rice Pilaf Roasted Vegetables Grape Juice Chilled Apricots	Spaghetti & Sauce 10 Meatballs Garden Vegetables Tossed Salad Clementine
BBQ Pork/Kaiser Roll 13 German Potato Salad Rainbow Slaw Apple Baker's Choice Cookie Fruit	Baked Ziti 14 w/Meat Sauce Brussels Sprouts Roasted Beets Grapes	Asian Chicken Salad 15 <i>Chicken, Greens, Almonds</i> <i>Mandarins, Crispy Noodles</i> Hawaiian Dinner Roll Fruit Punch Cantaloupe	Filet-o-Fish 16 Sesame Bun Au Gratin Potatoes Sautéed Vegetables Fruited Jello Graham Crackers	Pizza Casserole 17 Country Vegetables Spinach Salad Warm Spiced Apples Yogurt
Chicken Tetrizzini 20 Buttered Corn Carrot Raisin Salad Biscuit Seasonal Fruit	Enchilada Casserole 21 Rice & Beans Mexi-Corn Mandarin Oranges Oreos Fresh Fruit	Chicken Caesar Salad 22 <i>Chicken, Romaine, Croutons</i> <i>Tomato, Parmesan, Dressing</i> Italian Bread Grape Juice Fruit Cocktail	Stuffed Pepper Casserole 23 Tomato Sauce Mashed Potatoes Chef's Vegetables Apple Juice Pineapple	Roast Pork Loin 24 Parsley Potatoes Braised Cabbage Marble Rye Bread German Chocolate Cake Fruit
Roast Turkey/Gravy 27 Wild Rice Blend Green Bean Casserole Cranberry Sauce Peach Cobbler Peaches	Honey Baked Ham 28 Baked Potato Casserole Capri Vegetables Dinner Roll Strawberry Applesauce	Taco Salad 29 <i>Meat, Cheese, Lettuce</i> <i>Tomato, Onion, Peppers</i> Tortilla Chips Cran-Apple Juice Plum	Grilled Burger 30 w/Mushrooms & Swiss Baby Bakers Peas & Pearl Onions Orange Juice Granola Bar	Tuna Pasta Bake 31 Steamed Broccoli Cucumber Salad Juice Fresh Pear

Tips for Health and Longevity



Balanced Diet



Stay Hydrated



Regular Exercise



Manage Stress



Limit Alcohol



Quit Smoking



Regular Checkups



Healthy Weight

