

Racine County Meals on Wheels/Congregate Menu

JUNE 2022 833-8766

Call before 9:30 am the previous day (Monday-Friday) to cancel a meal.



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| | | 1 COLD MEAL! BLT chicken salad Mixed salad greens w/tomato wedges Tri-bean salad; Crackers Mandarin oranges | 2 Chef's Choice Frozen (Will be delivered/picked up Wednesday) | 3 Herbed baked chicken; apple Mashed potatoes w/gravy Green bean casserole Bran muffin bread |
| 6 Baked meatloaf w/gravy Mashed potatoes Stewed tomatoes Whole wheat bread Whole orange | 7 Chef's Choice Frozen (Will be delivered/picked up Monday) | 8 Slow roasted beef Au gratin potatoes Carrots and chives Multigrain dinner roll Mixed fruit | 9 Chef's Choice Frozen (Will be delivered/picked up Wednesday) | 10 COLD MEAL! Turkey pasta salad w/shell rigate, lettuce, tomato; Tri-bean salad Whole wheat bread Pineapple tidbits |
| 13 Prime rib of pork Baked potato Parslied cauliflower Rye bread Mixed fruit | 14 Chef's Choice Frozen (Will be delivered/picked up Monday) | 15 BBQ pulled chicken Cheesy mashed potatoes; Broccoli Wheat sandwich bun Chilled pears | 16 Chef's Choice Frozen (Will be delivered/picked up Wednesday) | 17 Chicken Marbella Rice Florentine Country blend Whole wheat bread Whole orange |
| 20 Kielbasa Dilled baby red potatoes Bean casserole Rye bread Fruit cup | 21 Chef's Choice Frozen (Will be delivered/picked up Monday) | 22 Souffle Lorraine Potatoes O'Brien Fruit cup Blueberry muffin bread Whole orange | 23 Chef's Choice Frozen (Will be delivered/picked up Wednesday) | 24 Potato crusted fish filet: Coleslaw Au gratin potatoes Whole wheat bread Hot applesauce |
| 27 Meatball marinara sub sandwich Potatoes Italiano Italian green beans Wheat French roll Whole orange | 28 Chef's Choice Frozen (Will be delivered/picked up Monday) | 29 COLD MEAL! Roasted turkey breast & Wisconsin cheddar; Wheat kaiser; Pea salad Lettuce & tomato Pineapple tidbits | 30 Chef's Choice Frozen (Will be delivered/picked up Wednesday) | |

Menu is subject to change without notice

Diabetic Dessert is offered

Choice of 1% milk or juice included with each meal