

AUGUST 2026 Meals on Wheels Menu

Monday 8/3/26	Tuesday 8/4/26	Wednesday 8/5/26	Thursday 8/6/26	Friday 8/7/26
SLOPPY JOE BAKED BEANS CORN NIBLETS+ BREAD FRUIT CUP+ HEALTHY HEART SPREAD MILK	MEATBALL MARINARA SPAGHETTI ITALIAN VEGETABLE BLEND BREAD FRESH FRUIT+ HEALTHY HEART SPREAD MILK	BAKED LEMON PEPPER FISH RICE PILAF* 5 WAY VEGETABLE BLEND BREAD FRUIT CUP+ HEALTHY HEART SPREAD MILK	BEEF STEW MASHED POTATOES BABY GREEN PEAS BREAD FRESH FRUIT+ HEALTHY HEART SPREAD MILK	CHICKEN PARMESAN W/PASTA ITALIAN VEGETABLE BLEND BREAD FRESH FRUIT+ HEALTHY HEART SPREAD MILK
Monday 8/10/26	Tuesday 8/11/26	Wednesday 8/12/26	Thursday 8/13/26	Friday 8/14/26
STUFFED PEPPERS W/TOMATO SAUCE O'BRIEN POTATOES BREAD FRUIT CUP+ HEALTHY HEART SPREAD MILK	ITALIAN SAUSAGE ONIONS AND PEPPERS O'BRIEN POTATOES HOT DOG ROLL FRESH FRUIT+ HEALTHY HEART SPREAD MILK	CHICKEN A' LA KING RICE PILAF* 5 WAY VEGETABLE BLEND BREAD FRUIT CUP+ HEALTHY HEART SPREAD MILK	CHEESEBURGER w/onions O'BRIEN POTATOES SPINACH* BREAD FRESH FRUIT+ HEALTHY HEART SPREAD MILK	SWEDISH MEATBALLS EGG NOODLES* SAUTEED GREEN BEANS+ BREAD FRESH FRUIT+ HEALTHY HEART SPREAD MILK
Monday 8/17/26	Tuesday 8/18/26	Wednesday 8/19/26	Thursday 8/20/26	Friday 8/21/26
MEAT & CHEESE LASAGNA SAUTEED CARROTS & PEAS* FRUIT CUP+ BREAD HEALTHY HEART SPREAD MILK	MEATLOAF MASHED POTATOES CHOPPED SPINACH* BREAD FRESH FRUIT+ HEALTHY HEART SPREAD MILK	SOUTHERN PULLED PORK BBQ BAKED BEANS CORN NIBLETS+ BREAD FRUIT CUP+ HEALTHY HEART SPREAD MILK	PORK CHOPS W/GRAVY MASHED SWEET POTATOES SAUTEED GREEN BEANS+ BREAD FRESH FRUIT+ HEALTHY HEART SPREAD MILK	BEEF STROGANOFF BUTTERED NOODLES CALIFORNIA BLEND*+ BREAD FRESH FRUIT+ HEALTHY HEART SPREAD MILK
Monday 8/24/26	Tuesday 8/25/26	Wednesday 8/26/26	Thursday 8/27/26	Friday 8/28/26
BBQ CHICKEN SWEET POTATO* SAUTEED GREEN BEANS+ BREAD FRUIT CUP+ HEALTHY HEART SPREAD MILK	BAKED HAM ROAST YAMS* CORN NIBLETS+ BREAD FRESH FRUIT+ HEALTHY HEART SPREAD MILK	CHICKEN CACCIATORE PASTA ITALIAN VEGETABLE BLEND BREAD FRUIT CUP+ HEALTHY HEART SPREAD MILK	CHILI MAC 5 WAY VEGETABLE BLEND BREAD FRESH FRUIT+ HEALTHY HEART SPREAD MILK	CHICKEN MARSALA MASHED POTATOES PEAS AND CARROTS BREAD FRESH FRUIT+ HEALTHY HEART SPREAD MILK
Monday 8/31/26				
SWEET AND SOUR CHICKEN FRIED RICE ORIENTAL VEGETABLES+ BREAD FRUIT CUP+ HEALTHY HEART SPREAD MILK				
Meal Pattern Requirement: (Meals provide a minimum of 1/4 RDA). ***MENU SUBJECT TO CHANGE WITHOUT NOTICE. NOTE: MEALS SERVED WITH 2% MILK Meat or alternative = 4oz cooked, edible portion Bread or equivalent = 1 serving Fat = 1 teaspoon *denotes vitamin A requirement WE VALUE YOUR OPINION! PLEASE CALL LUS AT 223-7825 OR 223-7826 WITH YOUR FEEDBACK. WE WOULD LOVE TO HEAR FROM YOU! +denotes vitamin C requirements				