

August MOW Meal Menu

Monday	Tuesday	Wednesday	Thursday	Friday
			1	2
			Old-Fashioned Swiss Steak Mashed Potatoes Country Veggies Dinner Roll Raisins	Lemon Chicken Piccata Bowtie Pasta Brussel Sprouts Veggie Medley Sugar Cookie
5	6	7	8	9
Carne Guisada Spanish Rice Fire-Roasted Corn Dinner Roll Diced Mango	Cheese Ravioli in Red Sauce Seasoned Broccoli Veggie Medley Sliced Bread Diced Pears	Texas Style Chili Sweet Cornbread Green Beans Chuckwagon Corn Assorted Gelatin	Breaded Fish Nuggets Mac & Cheese Veggie Medley Grapes	Swedish Meatballs Mashed Potatoes Spring Peas & Onions Carrots Blueberry Loaf Cake
12	13	14	15	16
Italian Breaded Chicken Herbed Rice Pilaf Asparagus Tips Dinner Roll Diced Peaches	Chicken Fried Steak Mashed Potatoes Summer Succotash Banana	Calabaza Con Pollo Spanish Rice Refried Beans Pineapple Tidbits	Lasagna with Meat Sauce Peas & Carrots Herbed Cauliflower Sliced Bread Mandarin Oranges	Chicken Teriyaki Fluffy Rice Broccoli w/Red Pepper Veggie Spring Roll Cherry Blossom Muffin
19	20	21	22	23
Authentic Picadillo Spanish Rice Chuckwagon Corn Dinner Roll Pineapple Tidbits	Chicken Alfredo Casserole Brussel Sprouts Carrots Sliced Bread Grapes	Homestyle Meatloaf Mashed Potatoes Veggie Medley Assorted Gelatin	Chicken Fajita Bowl Cilantro Lime Rice Black Beans Fire-Roasted Corn Tortilla Chips Diced Mango	Oven Roasted Turkey Sweet Potatoes Green Beans Dinner Roll Choc Chip Cookie
26	27	28	29	30
Chicken Parmesan Penne in Red Sauce Green Beans Herbed Cauliflower Sliced Bread Diced Pears	Salisbury Steak Mashed Potatoes Peas & Carrots Dinner Roll Banana	Green Chile Chicken Enchilada Cilantro Lime Rice Seasoned Calabacitas Vanilla Yogurt	Cheeseburger w/Fixings Potato Wedges Veggie Medley Raisins	Sweet & Sour Chicken Fluffy Rice Broccoli w/Peppers Veggie Spring Roll Orange Blossom Muffin

Fellowship Meals are served Monday - Thursday 11:30am - 12:00pm, Fridays 11:00am - 11:30am

LUNCH IS SERVED FOR 1/2 HOUR ONLY

Suggested Donation \$5 • Menus are subject to change