

July MOW Meal Menu

Monday	Tuesday	Wednesday	Thursday	Friday
<p>1</p> <p>Italian Breaded Chicken Herbed Rice Pilaf Asparagus Tips Dinner Roll Diced Peaches</p>	<p>2</p> <p>Chicken Fried Steak Mashed Potatoes Summer Succotash Banana</p>	<p>3</p> <p>Calabaza Con Pollo Spanish Style Rice Refried Beans Pineapple Tidbits</p>	<p>4</p> <p>CENTER CLOSED</p> 	<p>5</p> <p>Chicken Teriyaki Fluffy Rice Peas & Carrots Veggie Spring Roll Cherry Blossom Muffin</p>
<p>8</p> <p>Picadillo Spanish Style Rice Chuckwagon Corn Dinner Roll Pineapple Tidbits</p>	<p>9</p> <p>Chicken Alfredo Casserole Brussel Sprouts Parisian Carrots Sliced Bread Grapes</p>	<p>10</p> <p>Meatloaf Mashed Potatoes Veggie Medley Assorted Gelatin</p>	<p>11</p> <p>Chicken Fajita Bowl Cilantro Lime Rice Black Beans Fire Roasted Corn Tortilla Chips Diced Mango</p>	<p>12</p> <p>Roasted Turkey Glazed Sweet Potatoes Green Beans Dinner Roll Choc Chip Cookie</p>
<p>15</p> <p>Chicken Parmesan Penne in Red Sauce Italian Green Beans Herbed Cauliflower Sliced Bread Diced Pears</p>	<p>16</p> <p>Salisbury Steak Mashed Potatoes Peas & Carrots Dinner Roll Banana</p>	<p>17</p> <p>Green Chile Chicken Enchilada Cilantro Lime Rice Seasoned Calabacitas Vanilla Yogurt</p>	<p>18</p> <p>Cheeseburger w/Fixings Potato Wedges Veggie Medley Raisins</p>	<p>19</p> <p>Sweet & Sour Chicken Fluffy Rice Broccoli & Red Peppers Veggie Spring Roll Orange Muffin</p>
<p>22</p> <p>Pollock with Parma Rosa Sauce Spring Peas & Onions Sliced Bread Assorted Gelatin</p>	<p>23</p> <p>Rosemary Chicken Roasted Red Peppers Asparagus Tips Dinner Roll Choc Pudding</p>	<p>24</p> <p>Beef Tamales Spanish Style Rice Ranchero Sauce Fire Roasted Corn Strawberry Yogurt</p>	<p>25</p> <p>BBQ Grilled Chicken Mac & Cheese Green Beans Mini Cornbread Orange</p>	<p>26</p> <p>Manicotti Alfredo Garlic Roasted Spinach Parisian Carrots Dinner Roll Vanilla Pound Cake</p>
<p>29</p> <p>Arroz Con Pollo Refried Beans Seasoned Calabacitas Diced Peaches</p>	<p>30</p> <p>Smoked BBQ Brisket Potatoes w/Veggies Corn off the Cob Buttermilk Biscuit Apple Slices</p>	<p>31</p> <p>Orange Chicken Fluffy Rice Broccoli w/Red Peppers Veggie Spring Roll Pineapple Tidbits</p>	 	

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