



May 27, 2019 – August 16, 2019

# MENU

## ORDER FORM

Please check one menu item for each day listed.

### MONDAYS

~~May 27~~, June 24, July 22



Meatballs  
w/ Gravy

Turkey  
Breast  
w/Gravy

← OR →

|



### TUESDAYS

May 28, June 25, July 23



Fiesta  
Chicken

Asian  
Beef

← OR →

|



### WEDNESDAYS

May 29, June 26, July 24



Boneless  
Pork  
Spare Rib

Baked Cod

← OR →

|



### THURSDAYS

May 30, June 27, July 25



Spaghetti  
Bake

Stuffed  
Mushroom

← OR →

|



### FRIDAYS

May 31, June 28, July 26



Honey  
Mustard  
Chicken

Beer  
Battered  
Cod

← OR →

|



**Complete your MENU in three steps:**

- 1.** Check one box under each of the days listed to select your meal choice.
- 2.** Sign and date the back of the MENU to confirm your choices.
- 3.** Give your completed MENU to the Meals On Wheels volunteer on your next delivery day.

**MONDAYS**

**June 3, July 1, July 29**



BBQ Pulled Pork	Chicken Brat	
←	<b>OR</b>	→
<input type="checkbox"/>		<input type="checkbox"/>



**TUESDAYS**

**June 4, July 2, July 30**



Chicken Enchilada Bake	Tuna Melt	
←	<b>OR</b>	→
<input type="checkbox"/>		<input type="checkbox"/>



**WEDNESDAYS**

**June 5, July 3, July 31**



Pork Tenderloin	Veggie Egg Bake	
←	<b>OR</b>	→
<input type="checkbox"/>		<input type="checkbox"/>



**THURSDAYS**

**June 6, ~~July 4~~, August 1**



Smothered Chicken	Bean and Ham Soup	
←	<b>OR</b>	→
<input type="checkbox"/>		<input type="checkbox"/>



**FRIDAYS**

**June 7, ~~July 5~~, August 2**



Beef Chop Suey	Haddock w/Tomato	
←	<b>OR</b>	→
<input type="checkbox"/>		<input type="checkbox"/>



Please select one meal for each of the days listed.  
If no selection is made, you will receive the meal on the left.

**Note: Meals On Wheels will be closed May 27, July 4, & July 5.  
There will be no meal delivery those days.**

## MONDAYS

June 10, July 8, August 5



Ranch  
Baked  
Chicken  
Thigh

Roast Beef  
w/Gravy

← OR →



## TUESDAYS

June 11, July 9, August 6



Pork Loin  
w/Chutney

Balsamic  
Salmon

← OR →



## WEDNESDAYS

June 12, July 10, August 7



Stuffed  
Shells

Ham &  
Cheddar  
Sandwich

← OR →



## THURSDAYS

June 13, July 11, August 8



Shredded  
Turkey

Denver  
Egg Bake

← OR →



## FRIDAYS

June 14, July 12, August 9



Meatloaf  
w/Ketchup

Lemon  
Pepper  
Tilapia

← OR →



*All meals provide 1/3 of the Recommended Dietary Allowances (RDA), meet the USDA's Dietary Guidelines for Americans and adhere to federal meal pattern requirements. This menu was planned and prepared under the supervision of a registered dietician.*

*\*Meals subject to change.*



1004 S. Taylor Drive  
Sheboygan, WI 53081  
920.451.7011  
FreshMealsOnWheels.org

NAME: \_\_\_\_\_

ROUTE: \_\_\_\_\_

*My meal choices are enclosed.*

SIGNATURE: \_\_\_\_\_

DATE: \_\_\_\_\_

## MONDAYS

June 17, July 15, August 12



Ham and  
Pineapple

Cheese-  
burger

← OR →




## TUESDAYS

June 18, July 16, August 13



Beef  
Tips

Salmon

← OR →




## WEDNESDAYS June 19, July 17, August 14



Sloppy  
Joe

Breakfast  
Sandwich

← OR →




## THURSDAYS

June 20, July 18, August 15



Shredded  
Montreal  
Chicken

Mushroom  
Baked  
Pork Chop

← OR →




## FRIDAYS

June 21, July 19, August 16



Single  
Brat

BBQ  
Chicken

← OR →


