

Week 1

Monday

July 25 & Aug. 22



Roast Beef with Gravy

Choose One

A B



Tuna Noodle Casserole

Tuesday

July 26 & Aug. 23



Cashew Chicken

Choose One

A B



Veggie Egg Bake

Wednesday

July 27 & Aug. 24



Pizza Casserole

Choose One

A B



Asian Salmon Filet

Thursday

July 28 & Aug. 25



Boneless Pork Spare Rib

Choose One

A B



Hot Turkey & Provolone Sandwich

Friday

July 29 & Aug. 26



Hamburger

Choose One

A B



Lemon Pepper Tilapia

Week 2

Monday

Aug. 1 & Aug. 29



Sloppy Joe

Choose One

A B



Veggie Burger with Provolone

Tuesday

Aug. 2 & Aug. 30



Ham with Pineapple

Choose One

A B



Old Bay Cod

Wednesday

Aug. 3 & Aug. 31



Turkey Cutlet with Gravy

Choose One

A B



Denver Egg Bake

Thursday

Aug. 4 & Sept. 1



Meatballs with Gravy

Choose One

A B



Haddock with Tomato

Friday

Aug. 5 & Sept. 2



Montreal Chicken Thigh

Choose One

A B



Pork Loin with Chutney

Week 3

Monday

Aug. 8 & ~~Sept. 5~~



Chili Dog

Choose One

A B



Open Face Tuna Melt

Tuesday

Aug. 9 & Sept. 6



Salisbury Steak

Choose One

A B



Chicken Parm

Wednesday

Aug. 10 & Sept. 7



Smothered Chicken

Choose One

A B



BBQ Pulled Pork

Thursday

Aug. 11 & Sept. 8



Hot Ham and Cheddar Sandwich

Choose One

A B



Spinach Lasagna

Friday

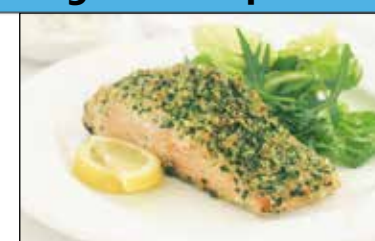
Aug. 12 & Sept. 9



Chicken Paprika

Choose One

A B



Herb-Crusted Salmon

Week 4

Monday

Aug. 15 & Sept. 12



Pork Tenderette

Choose One

A B



Cheese Ravioli with Meat Sauce

Tuesday

Aug. 16 & Sept. 13



Chicken Enchilada Bake

Choose One

A B



Old Bay Haddock

Wednesday

Aug. 17 & Sept. 14



Asian Beef

Choose One

A B



Black Bean Burger with Shredded Cheddar

Thursday

Aug. 18 & Sept. 15



Chicken with Gravy

Choose One

A B



Battered Cod

Friday

Aug. 19 & Sept. 16



Single Brat

Choose One

A B



Turkey Burger

What You Need To Know

We will be closed Monday, September 5 for the Labor Day holiday. There will be no meal delivery that day.

If you normally get a hot meal on Mondays and need a meal for Labor Day, please call Meals On Wheels by Wednesday, August 31 and let us know. We will send a frozen meal with your delivery on Friday, September 3.

Call ahead if you need to cancel a meal.

If you need to cancel a meal, **call us no later than 9 a.m. the business day before the day you are cancelling.** If you are cancelling for a Monday, we need to know by 9 a.m. Friday morning. You will be charged for meals cancelled after that time.

Let us know if you won't be home for delivery.

If something comes up and you won't be home for delivery, please call and let us know. If we go to deliver and you aren't home, we will call your emergency contacts, and if we can't reach anyone, we will ask the police to do a wellness check. We also want to make sure you get your food, if at all possible. We can make arrangements to leave your meal in your refrigerator while you are out, deliver it to a neighbor, or hold it for pick up at Meals On Wheels.

Do you need shelf stable food? We have extra!

If you would like us to send you a bag of shelf stable food, please call Meals On Wheels.

Keep cool and drink lots of water this summer!

Don't forget to be mindful of the heat this summer. On hot days, keep your shades drawn, drink lots of water, run your air conditioner or turn on a fan. If you need help dealing with the heat, please give us a call and we will see what we can do to help.

Call or email Meals On Wheels at:

920-451-7011

clientservices@freshmealsonwheels.org



1004 S. Taylor Drive • Sheboygan, WI 53081
920-451-7011 • FreshMealsOnWheels.org

NAME: _____ RT: _____



July 25 - September 16, 2022

MENU

Your new choice menu has arrived! This menu starts Monday, July 25, so please call with your choices as soon as possible. On the back of the menu, we have included information on holiday closures, meal cancellation, what to do if you won't be home for delivery, and keeping cool this summer. Please look it over. If you have any questions, give us a call at 920-451-7011. Thanks!

To make your selections:

1. Choose option A or B for each day listed.
♥ = Heart Healthy Choice
2. Call Meals On Wheels at 920-451-7011 to give us your choices.
3. Keep this menu for future reference.

If you'd rather not call with your selections, you may give your completed menu to the driver at your next delivery instead.

If we don't receive your choices before the menu start date, you will receive option A until we do.

Enjoy your food!

Meals and delivery are subject to change without notice.

