




Sun	Mon	Tue	Wed	Thur	Fri	Sat
				1 Meatloaf Mashed Potatoes & Gravy Green Beans Dessert	2 Spaghetti & Meatballs Italian Vegetables Dessert	3 Menus subject to change
	5 Fourth of July Holiday	6 Oven Fried Chicken Stuffing California Vegetables Dessert	7 BBQ Pork Baked Beans Antigua Vegetables Dessert	8 Hot Beef Sandwich Mashed Potatoes & Gravy Green Beans Dessert	9 Baked Tilapia Au Gratin Potatoes Spinach Dessert	10
11	12 Parmesan Chicken Wild Rice Mediterranean Vegetables Dessert	13 Enchilada Casserole Cinnamon Apples Dessert	14 Baked Ham Potato & Green Bean Dessert	15 Open Faced Turkey Sandwich Mashed Potatoes & Gravy Carrots Dessert	16 Chicken & Rice Antigua Vegetables Dessert	17
18	19 Salisbury Steak Mashed Potatoes & Gravy Green Beans Dessert	20 Italian Chicken Scalloped Potatoes Italian Vegetables Dessert	21 Breakfast Casserole Spiced Apples Dessert	22 Riblets Mac & Cheese Mixed vegetables Dessert	23 Chicken Patty Mashed Potatoes & Gravy Broccoli w/Cheese Dessert	24 
25 	26 Shepherd's Pie Spiced Peaches Dessert	27 Apricot Pork Au Gratin Potatoes Green Peas Dessert	28 Tuna Casserole California Vegetables Dessert	29 Chicken Alfredo Carrots Dessert	30 Chili Mac Cauliflower with Cheese Dessert	31

**MEALS ON
WHEELS**

All meals are made in Independence
served every weekday.

Extra meals can be ordered.

July 