

## Meals On Wheels

All meals are made in Independence served every weekday.  
Extra meals can be ordered.  
Call 816-254-9566 between 8 – noon.



# August 2022

Sun	Mon	Tue	Wed	Thu	Fri	Sat
Lunch: 11:30-12:00  Meal Cost: \$3.50 For Members * \$5.00 For Non-Members	1 Baked Ham with Pineapple Mac & Cheese Peas Dessert	2 Chicken Al Fredo California Veg. Dessert	3 Smothered Beef Patties Mashed Potatoes & Gravy Green Beans Dessert	4 Biscuits & Gravy Sausage Patties Spiced Apples Dessert	5 Chicken & Noodles Spinach Dessert	6
7	8 Spaghetti & Meatballs Italian Veg. Dessert	9 Pork w/ Sour Cream Wild Rice Tuscan Veg. Dessert	10 Oven Fried Chicken Scalloped Potatoes Antigua Veg. Dessert	11 Meatloaf Mashed Potatoes & Gravy Peas & Carrots Dessert	12 BBQ Pork Beans Corn Dessert	13
14	15 Picante Chicken Rice Broccoli Dessert	16 Sloppy Joe Bake Sweet Potatoes Beets Dessert	17 Breakfast Casserole Spiced Peaches Dessert	18 Italian Chicken Au Gratin Potatoes Italian Veg. Dessert	19 Beef Enchilada Spiced Peaches Dessert	20
21	22 Riblets Baked Beans 5-Way Mixed Veg. Dessert	23 Chicken Al-A King Wild Rice Tuscan Veg. Dessert	24 Hot Beef Sandwich Mashed Potatoes & Gravy Green Beans Dessert	25 Chicken Patty Sweet Potatoes Corn Dessert	26 Chili Dogs Mixed Veg. Dessert	27
28	29 Meatballs & Noodles Al Fredo Antigua Veg. Dessert	30 Fish Sticks Buttered Noodles Green Beans Dessert	31 Chicken Parmesan Mashed Potatoes & Gravy Carrots Dessert		<u>Menu</u> <u>Subject</u> <u>To Change</u>	