



# May 2024

## Meals On Wheels - Independence

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

SUN	MON	TUE	WED	THUR	FRI	SAT
Menu subject to change			1 - Hot Dogs w/ Beans - Mac & Cheese - Stewed Tomatoes	2 - Chicken Alfredo - Glazed Carrots	3 - Meat Loaf - Mashed Potatoes - Broccoli	4
5	6 - Parmesan Chicken - Noodles - Green Beans	7 - Pork w/ Gravy - Stuffing - Corn	8 - Spaghetti w/ Meatballs - Italian Veg.	9 - Chicken & Rice Casserole - Apples	10 - BBQ Pork - Ranch Potatoes - Cauliflower	11
12	13 - Turkey & Swiss Sandwich - Chips - Pickle Spear	14 - Italian Chicken - Scalloped Potatoes - Mixed Veg.	15 - Spanish Meatballs - Spanish Rice - Cheesy Corn	16 - Breakfast Casserole - Applesauce	17 - Beef Stroganoff - California Veg.	18
19	20 - Salisbury Steak - Mashed Potatoes - Broccoli	21 - Pork w/ Apples - Au Gratin Potatoes - Beets	22 - BBQ Chicken - Baked Beans - Spinach	23 - Roast Beef - Mashed Potatoes w/ Gravy - Carrots	24 - Lemon Pepper Fish - Wild Rice - Peas	25
26	27 <b>CLOSED Holiday</b>	28 - Oven Fried Chicken - Stuffing - Green Beans	29 - Beef Stew w/ Biscuit - Peaches	30 - Scalloped Potatoes w/ Sausage - Stewed Tomatoes	31 - Chili-Mac - Italian Veg.	Dessert Included With All Meals

EACH MEAL SERVED WITH BREAD/MARGARINE & MILK OR JUICE