

# June 2024

## Independence Meals On Wheels

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

| <b>SUN</b>             | <b>MON</b>   | <b>TUE</b>  | <b>WED</b>   | <b>THUR</b>   | <b>FRI</b>                                     | <b>SAT</b>                            |
|------------------------|--|---|--|---|--|---------------------------------------|
| Menu subject to change | 3<br>- Lemon Pepper Fish<br>- Wild Rice<br>- Stewed Tomatoes             | 4<br>- Oven Fried Chicken<br>- Scalloped Potatoes<br>- California Veg | 5<br>- Meatloaf<br>- Mashed Potatoes & Gravy<br>- Broccoli | 6<br>- BBQ Pork<br>- Baked Beans<br>- Cauliflower                       | 7<br>- Chicken Alfredo<br>- Spinach            | 8                                     |
| 9                      | 10<br>- Pork Loin w/ Gravy<br>- Stuffing<br>- California Veg             | 11<br>- Scalloped Potatoes w/ Sausage<br>- Stewed Tomatoes            | 12<br>- Chicken Parmesan<br>- Peas<br>- Tomatoes Au Gratin | 13<br>- Sloppy Joe Bake<br>- Tuscan Veg                                 | 14<br>- Ham Salad<br>- Chips<br>- Pickle Spear | 15                                    |
| 16                     | 17<br>- Salisbury Steak<br>- Mashed Potatoes & Gravy<br>- California Veg | 18<br>- Pork with Apples<br>- Au Gratin Potatoes<br>- Beets           | 19<br>- Italian Chicken<br>- Sweet Potatoes<br>- Corn      | 20<br>- Hot Beef Sandwich<br>- Mashed Potatoes & Gravy<br>- Green Beans | 21<br>- Chicken & Rice Casserole<br>- Apples   | 22                                    |
| 23                     | 24<br>- Sliced Turkey & Cheese Sandwich<br>- Chips<br>- Pickle Spear     | 25<br>- Spaghetti & Meatballs<br>- Carrots                            | 26<br>- BBQ Chicken<br>- Ranch Potatoes<br>- Broccoli      | 27<br>- Biscuits & Gravy<br>- Sausage Patties<br>- Spiced Peaches       | 28<br>- Pizza                                  | 29<br>Dessert Included With All Meals |

EACH MEAL SERVED WITH BREAD/MARGARINE & MILK OR JUICE