

July 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.

SUN	MON	TUE	WED	THUR	FRI	SAT
Menu subject to change	1 - Chicken Alfredo - Vegetables	2 - BBQ Pork - Baked Beans - Vegetables	3 - Ham Salad - Chips - Pickle - Fruit Cocktail	4 CLOSED FOR HOLIDAY	5 CLOSED FOR HOLIDAY	6
7	8 - Baked Fish - Wild Rice - Vegetables	9 - Italian Chicken - Sweet Potatoes - Vegetables	10 - Pork & Stuffing Casserole - Vegetables	11 - Meatloaf - Mashed Potatoes & Gravy - Vegetables	12 - BBQ Chicken - Ranch Potatoes - Vegetables	13
14	15 - Biscuits & Gravy - Sausage Patties - Spiced Peaches	16 - Turkey & Cheese Sandwich - Chips - Applesauce	17 - Chicken & Rice Casserole - Spiced Pears	18 - Sloppy Joe Bake - Vegetables	19 - Chicken Parmesan - Scalloped Potatoes - Vegetables	20
21	22 - Beef Stroganoff - Vegetables	23 - Oven Fried Chicken - Mashed Potatoes & Gravy - Vegetables	24 - Pork w/ Apples - Au Gratin Potatoes - Vegetables	25 - Hot Beef Sandwich - Mashed Potatoes & Gravy - Vegetables	26 - Chili Dogs - Vegetables	27
28	29 - Spaghetti & Meatballs - Vegetables	30 - Scalloped Potatoes w/ Sausage - Vegetables	31 - Salisbury Steak - Mashed Potatoes & Gravy - Vegetables			Dessert Included With All Meals

EACH MEAL SERVED WITH BREAD/MARGARINE & MILK OR JUICE