




August 2024

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 - Oven Fried Chicken - Sweet Potatoes - Vegetables	2 - Chili Dogs - Chips	3
4	5 - Parmesan Crusted Chicken - Au Gratin Potatoes - Vegetables	6 - "Snow On The Mountain" - Spiced Peaches	7 - Chicken & Noodles - Vegetables	8 - Beef Enchiladas	9 - Pork Bake Stuffing - Vegetables	10
11	12 - Salisbury Steak - Mashed Potatoes w/ Gravy - Vegetables	13 - Cheesy Tuna Casserole - Vegetables	14 - Pork Loin w/ Mushroom Gravy - Ranch Potatoes - Vegetables	15 - Beefy Mac & Cheese - Corn	16 - BBQ Chicken - Wild Rice - Vegetables	17
18	19 - Ham w/ Cheesy Potatoes - Vegetables	20 - Spaghetti & Meatballs - Vegetables	21 - Italian Chicken - Scalloped Potatoes - Vegetables	22 - Meatloaf - Mashed Potatoes w/ Gravy - Vegetables	23 - Lemon Pepper Fish - Sweet Potatoes - Vegetables	24
25	26 - Chicken & Rice - Stewed Tomatoes	27 - Hot Beef Sandwich - Mashed Potatoes w/ Gravy - Vegetables	28 - Pork in Sour Cream Sauce - Scalloped Potatoes - Vegetables	29 - Sloppy Joe Bake - Vegetables	30 - Chicken Alfredo - Vegetables	Dessert Included With All Meals

EACH MEAL SERVED WITH BREAD/MARGARINE & MILK OR JUICE