



740-681-5050

MEALS ON WHEELS-OLDER ADULT ALTERNATIVES OF FAIRFIELD COUNTY, INC.

Meal delivery
cancellations due
by **9:00 a.m.**

740-681-5050

August 2022

Monday

Tuesday

Wednesday

Thursday

Friday

<p>Aug 1 Teriyaki Chicken with Pickle Chips Oven Baked Tater Tots Oriental Blend Vegetables Pineapple Tidbits Hamburger Bun Mayo Pkt. Chocolate Pudding Cup</p>	<p>Aug 2 Chicken Enchilada With Red Sauce & Cheese Fiesta Corn Sour Cream Pkt. Spanish Rice Taco Sauce Orange Juice Dixie's Coleslaw Sugar Cookie</p>	<p>Aug 3 CHOICE Shredded Beef Broccoli & Cheese over Potato Skins Warm Cinnamon Applesauce Wheat Bread with Margarine Orange Cranberry Bread</p>	<p>Aug 4 Ham, Turkey, Cheese with Lettuce, Tomato & Pickle Carrot Raisin Salad Fresh Diced Fruit Hamburger Bun Mayo Pkt Banana Cream Pie</p>	<p>Aug 5 CHOICE Baked Fish with Lemon & Parsley over Rice Pilaf Parsley Potatoes Steamed Broccoli Mandarin Oranges Blueberry Bread</p>
<p>Aug 8 Chili Mac Casserole with Cheddar Cheese Vinegar Seasoned Spinach Capri Blend Vegetables Pears Apple Streusel Bread</p>	<p>Aug 9 Breaded Pork Chop with Gravy Mashed Potatoes & Gravy Normandy Blend Vegetables Mixed Citrus Fruit Dinner Roll with Margarine Banana Nut Muffin</p>	<p>Aug 10 CHOICE Chicken Parmesan with Pasta & Spaghetti Sauce French Style Green Beans Italian Blend Vegetables Garlic Biscuit with Margarine Fresh Pear</p>	<p>Aug 11 Roast Beef Sandwich with Cheese, Lettuce, Tomato, & Pickle Mustard Potato Salad Fruit Cocktail Hamburger Bun Mayo Pkt Apple Pie</p>	<p>Aug 12 CHOICE Garlic Bread Pizza w/ Pepperoni Yellow Corn Warm Peaches Tossed Salad with Ranch Dressing Crackers Cherry Crisp</p>
<p>Aug 15 Bacon, Egg, & Cheese Scramble Buttered Green Beans Winter Blend Vegetables Orange Juice Biscuit with Margarine & Honey Chocolate Chip Cookie</p>	<p>Aug 16 Breaded Chicken Breast with Gravy Mashed Potatoes & Gravy Maple Dill Carrots Peaches Wheat Bread with Margarine Vanilla Wafers</p>	<p>Aug 17 CHOICE Sausage Jambalaya Buttered Corn Diced Beets Fresh Banana Wheat Bread with Margarine Chocolate Cake with Chocolate Icing</p>	<p>Aug 18 Hamburger Patty with Cheese, Pickle, & Onion Molasses Baked Beans Warm Blushing Applesauce Dixie's Coleslaw Hamburger Bun</p>	<p>Aug 19 CHOICE Macaroni & Cheese Green Peas Stewed Tomatoes Mixed Fruit in Orange Jell-O Wheat Bread with Margarine</p>
<p>Aug 22 Cream Chipped Beef over Biscuit Home Fry Seas 'ed Diced Potatoes Spinach Apricots Peanut Butter Cookie</p>	<p>Aug 23 Shredded BBQ Pork Scalloped Potatoes Warm Peaches Hamburger Bun Tomato Juice Lemon Pudding Cup</p>	<p>Aug 24 CHOICE Beef & Noodles o/ Mashed Potatoes Onion Seasoned Green Beans Warm Apples Dinner Roll with Margarine Strawberry Cream Pie</p>	<p>Aug 25 Chicken Salad over Shredded Lettuce with Cranberries Dixie's Coleslaw Chilled Grapes Croissant</p>	<p>Aug 26 CHOICE Salmon Patty Creamed Peas Caribbean Blend Vegetables Grape Juice Hamburger Bun Tartar Sauce Yellow Cake with White Icing</p>
<p>Aug 29 Swedish Meatballs over Rotini Buttered Yellow Corn Caribbean Blend Vegetables Peaches Wheat Bread with Margarine Chocolate Pudding Cup</p>	<p>Aug 30 Southwest Cheesy Chicken & Rice Black Beans Broccoli Blueberries over Pound Cake Wheat Bread with Margarine</p>	<p>Aug 31 CHOICE Liver & Onions with Gravy Mashed Potatoes with Gravy Bacon Seasoned Green Beans Fresh Banana Wheat Bread with Margarine Blueberry Bread</p>	<p>Modified Diet Choices Cardiac Diabetic Diverticulitis Texture Choices Regular Chopped Pureed Milk Choices Skim 2% Chocolate</p>	<p>Choice of Entrée - You must have the choice slip from your newsletter turned in by the date specified. If the choice slip is not turned in, you will receive the first item on that date.</p>

CONGREGATE SITE RESERVATIONS received the same day may not always be served what is on the menu. Please call one week in advance.

VOLUNTARY CONTRIBUTIONS FOR PERSONS AGED 60 & OLDER. THOSE UNDER AGE 60: THE CHARGE IS \$8.75 PER MEAL.

2020 Nutrition Programs are funded by: Title-III of the Older Americans Act via C.O.A.A.A., MOW Senior Services Levy, Client & Community Donations, and Agency Fundraising.

YOUR REGULAR, GENEROUS DONATIONS ARE GREATLY APPRECIATED. Participants over age 60 will not be denied Title-III funded meals due to their inability to contribute as long as funding lasts.

Ingredient information is available on our website—www.mowfc.org

