

August 2023

Meals On Wheels (MOW) Menu



Meals on Wheels - 753-5084

<http://www.cortland-co.org/434/Area-Agency-on-Aging>

The suggested contribution is \$3.00.

Menu is subject to change without notice.

Mon	Tue	Wed	Thu	Fri
	1. Chicken Salad Cold Plate Macaroni Salad 3 Bean Salad Whole Wheat Roll Peanut Butter Brownie	2. Pasta w/ Meat Sauce Broccoli Cauliflower Chocolate Pudding w/ Topping	3. Boiled Ham Dinner Cabbage & Carrots Potatoes Whole Wheat Bread Applesauce	4. Beef Stew Biscuit Peas Pineapple
7. Baked Chicken Fillet Stuffing with Country Gravy California Blend Vegetables Mixed Fruit Fig Bar	8. Yankee Pot Roast Boiled Potatoes Baby Carrots Whole Wheat Bread Mandarin Oranges	9. Tuscan Chicken Pasta Capri Blend Vegetables Mixed Fruit	10. Salisbury Steak Loaded Baked Potato Broccoli Tossed Salad Banana	11. Baked Fish Macaroni & Cheese Green Beans Peaches
14. BBQ Chicken Breast Mashed Sweet Potatoes Brussel Sprouts Mixed Fruit	15. Seafood Salad Cold Plate Pasta Salad Carrot Raisin Salad Whole Wheat Roll Cinnamon Applesauce	16. Roast Beef & Gravy Parsley Boiled Potatoes Peas Whole Wheat Bread Fruited Jell-O	17. Baked Chicken Parmesan Pasta and Sauce Spinach Apricots	18. Sloppy Joe on a Bun Mixed Vegetables Fruit Whip
21. Swedish Meatballs Noodles Sliced Carrots Mandarin Oranges Fig Bar	22. Chef Salad Cold Plate Potato Salad Corn, Cucumber, & Tomato Salad Whole Wheat Roll Clementine	23. Happy Birthday! Roast Pork Loin with Gravy Stuffing Brussel Sprouts Birthday Cake	24. CLOSED COUNTYWIDE PICNIC	25. Chicken Leg Mixed Vegetables Corn Muffin Hot Apple Slices
28. Scalloped Potatoes w/Ham Beets Peas Apricots	29. Chicken Alfredo Whole Wheat Pasta Broccoli Whole Wheat Bread Pineapple	30. Macaroni & Cheese Stewed Tomatoes Broccoli Mixed Fruit	31. Taco Salad Seasoned Rice Refried Beans Fruited Jell-O	8oz 1% Milk Daily