

EVENING MEALS ON WHEELS MENU - AUGUST 2019

Monday	Tuesday	Wednesday	Thursday	Friday
			1	2
ALTERNATE OF THE MONTH: BBQ BLACK BEAN BURGER	WHOLE FRUIT SERVED WEDNESDAYS		CHOPPED BEEF PATTY (HAMBURGER) W/ MUSHROOMS & ONIONS SCALLOPED POTATOES PEAS AND CARROTS CONGO BAR <u>Weekend Cold Meal:</u> CHICKEN W/ SAUCE	BAKED TILAPIA BABY RED POTATOES BROCCOLI COOKIE <u>Weekend Cold Meal:</u> BAKED HAM
5	6	7	8	9
SWEDISH MEATBALLS EGG NOODLES MIXED VEGETABLES PEARS CHOCOLATE CHIP BAR	MEAT LASAGNA GREEN BEANS PEACHES CAESAR SIDE SALAD PEACH CRISP	BBQ ROAST PORK GLAZED SWEET POTATOES CORN CORNBREAD CHEESE STICK CHESS PIE	BEEF BRISKET W/ GRAVY MASHED POTATOES GREEN BEANS BROWNIE <u>Weekend Cold Meal:</u> BBQ CHICKEN	BAKED COD GARDEN BROWN RICE PEAS AND CARROTS COOKIE <u>Weekend Cold Meal:</u> BAKED COD
12	13	14	15	16
BEEF TIPS IN GRAVY EGG NOODLES CAULIFLOWER FRUIT COCKTAIL YOGURT	SWISS STEAK MASHED POTATOES BABY CARROTS SIDE SALAD APPLE PIE	CHICKEN W/ MUSHROOM SAUCE WILD RICE VEGETABLE BLEND STRING CHEESE LEMON POPPYSEED CAKE	SPAGHETTI & MEATBALLS GREEN BEANS PEACHES SNICKERDOODLE BAR <u>Weekend Cold Meal:</u> BEEF NOODLE CASSEROLE	BAKED LEMON DILL TILAPIA HASH BROWN CASSEROLE BROCCOLI COOKIE <u>Weekend Cold Meal:</u> HAM & SWISS QUICHE
19	20	21	22	23
SALISBURY STEAK MASHED POTATOES PEAS CHOCOLATE PUDDING	APRICOT GLAZED CHICKEN RICE CAULIFLOWER CAESAR SIDE SALAD CHERRY COBBLER	GLAZED HAM MASHED SWEET POTATOES BRUSSEL SPROUTS STRING CHEESE BANANA CAKE	MEATLOAF & GRAVY MASHED POTATOES GREEN BEANS LEMON BAR <u>Weekend Cold Meal:</u> BAKED CHICKEN QUARTER	BAKED COD BABY RED POTATOES CORN COOKIE <u>Weekend Cold Meal:</u> HAM & SCALLOPED POTATOES
26	27	28	29	30
ROAST PORK W/ GRAVY GERMAN POTATO SALAD GLAZED BABY CARROTS BLUEBERRY PIE	BBQ CHICKEN BREAST MASHED SWEET POTATOES SCALLOPED CORN SIDE SALAD CRANBERRY BAR	SWEET & SOUR PORK RICE GREEN BEANS MANDARIN ORANGES CHEESE STICK CHOCOLATE CAKE	MEATBALLS IN MUSHROOM GRAVY EGG NOODLES PEAS PEACHES LEMON RASPBERRY BAR <u>Weekend Cold Meal:</u> BEEF GOULASH	BREADED CATFISH GLAZED SWEET POTATOES BROCCOLI COOKIE <u>Weekend Cold Meal:</u> GROUND BEEF SPANISH RICE



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Evening Meals on Wheels

July 11, 2019

Dear Friend,

As you may notice, this month's menu looks a little different. I hope you find this updated menu to your liking. Please note that weekend options are now listed as "Weekend Cold Meal" on Thursdays and Fridays. Remember, you may always order or cancel any of these weekend meals – just contact me by Wednesday at noon.

If an item on the menu doesn't appeal to you, you can choose the alternative meal instead, which is delivered Monday through Wednesday. The alternative meal for the month of August is BBQ Black Bean Burger.

Thank you for your continued participation in Evening Meals on Wheels. It is a pleasure to serve you! If you are enjoying your meals, we would be grateful if you would pass the word on to neighbors, family, or friends. We would be delighted to serve them too! If there are questions, I can be reached at 608-204-0923 or meals@independentlivinginc.org.

Warm regards,

Addie Endreson

Evening Meals on Wheels Manager

Instructions

Orders and Cancellations: To avoid charges, call 608-204-0923 to order or cancel meals by NOON the business day *before*. Office hours are Monday through Friday, 8:00 a.m. – 5:00 p.m. Menu is subject to change without notice.

Refrigeration Instructions: If you do not plan to eat your meal immediately after delivery, please refrigerate. Before placing in the fridge, tear back a corner of the plastic covering to prevent condensation from forming.

Heating Instructions: The tray with the hot food items can be reheated in a microwave oven. Be sure to poke a hole in the plastic cover with a fork. All microwave ovens vary in cooking times; try heating your meal for 2 minutes to start. Continue cooking for 1-2 minutes if it is not heated thoroughly. If you reheat your meal in an oven, be sure to remove the plastic on the top of the meal, place the meal on a cookie sheet, and bake no longer than 20-25 minutes at 350 degrees. Cold salad plate meals should not be heated.