



Home Dining Menu • June 2021

All meals include: Vegetables, Fruit, Grain, and Milk



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
31	1	2	3	4
	BBQ Chicken Tenders Baby Bakers, Green Peas, Apples, Roll, & Milk or Juice	Pulled Pork Sandwich Baked Beans, Pineapple, Hamburger Bun, & Milk or Juice	Tuna Noodle Casserole Peas & Carrots, Pears, Roll, & Milk or Juice	Cobb Salad Diced Chicken, Beets, Applesauce, Roll, & Milk or Juice
7	8	9	10	11
Lasagna Casserole Green Beans, Applesauce, Roll, & Milk or Juice	Chicken Stir Fry Brown Rice, Mixed Vegetables, Pineapple, Roll, & Milk or Juice	Italian Meatball Sandwich Spinach, Pears, Hoagie Roll, & Milk or Juice	Chicken & Rice Casserole Country Blend Vegetables, Peaches, Roll, & Milk or Juice	Beef Tacos Chuckwagon Corn, Apples, Flour Tortilla, & Milk or Juice
14	15	16	17	18
Chicken Cutlet Roasted Potatoes, Corn, Pears, Roll, & Milk or Juice	Teriyaki Pork Stir Fry Brown Rice, Stir Fry Vegetables, Applesauce, Roll, & Milk or Juice	Sloppy Joes Broccoli, Pineapple, Hamburger Bun, & Milk or Juice	Baked Lemon Pepper Chicken Rice Pilaf, Carrots, Apples, Roll, & Milk or Juice	Tuna Pasta Salad Marinated Italian Veg, Peaches, Roll, & Milk or Juice
21	22	23	24	25
Chicken Alfredo Mixed Vegetables, Peaches, Roll, & Milk or Juice	Swedish Meatballs Brown Rice, Broccoli, Apples, Roll, & Milk or Juice	Egg Salad Sandwich 3 Bean Salad, Pears, Hamburger Bun, & Milk or Juice	Spaghetti Cauliflower, Applesauce, Roll, & Milk or Juice	Imitation Crab Salad Imitation Crab, Carrot Sticks, Pineapple, & Milk or Juice
28	29	30	1	2
Spanish Rice Casserole Peas, Applesauce, Roll, & Milk or Juice	Pork Riblets Rice Pilaf, Capri Vegetables, Pears, Roll, & Milk or Juice	Fishwich Sandwich Mixed Vegetables, Peaches, Hamburger Bun, & Milk or Juice		



We are continuing No Contact delivery. If you have any questions, please call our office at **509-924-6976**

Greater Spokane County Meals on Wheels is not responsible for food allergies or other dietary requirements. Each meal recipient is responsible for monitoring their own requirements. The menu is subject to change.