



Meals on Wheels Spokane Menu

509-456-6597



Monday	Tuesday	Wednesday	Thursday	Friday
1 Beef Meatballs Mashed Potatoes Squash	2 Teriyaki Chicken White Rice Broccoli	3 Pasta Primavera Applesauce	4 Meatloaf Mashed Potatoes Green Beans	5 Chicken Enchilada Rice & Beans Corn
8 Chicken Fried Steak Mashed Potatoes Green Peas	9 Chicken Thighs CousCous Chuckwagon Veggies	10 Spaghetti w/Turkey Marinara Green Beans	11 Salisbury Steak Mashed Potatoes Carrots	12 Chili Mac Peaches
15 BBQ Chicken Brown Rice Peas & Carrots	16 Mac & Cheese Broccoli Mandarin Oranges	17 Ham Red Potatoes Carrots	18 Shepherd's Pie Mashed Potatoes Pears	19 Turkey Casserole w/ Egg Noodles Mix Veggies
22 Biscuits & Gravy Applesauce	23 Chicken Parmesan w/Spaghetti Noodles Green Beans	24 Chicken Alfredo Zucchini	25 Roasted Turkey Mashed Potatoes Peas & Carrot	26 Chili Corn Bread
29 Beef Meatballs Mashed Potatoes Squash	30 Teriyaki Chicken White Rice Broccoli		<i>DON'T FORGET TO PUT OUT YOUR COOLER W/ FROZEN ICE PACKS</i>	Hot Meals come w/ milk upon request. Typical delivery window is 11 - 1