



Meals on Wheels Spokane Menu

509-456-6597



| Monday | Tuesday | Wednesday | Thursday | Friday |
|---|---|--|--|---|
| Hot Meals come w/ milk upon request. Typical delivery window is 11 - 1 | <i>DON'T FORGET TO PUT OUT YOUR COOLER W/ FROZEN ICE PACKS</i> | 1 Pasta Primavera Applesauce | 2 Meatloaf Mashed Potatoes Green Beans | 3 Chicken Enchilada Rice & Beans Corn |
| 6 Chicken Fried Steak Mashed Potatoes Green Peas | 7 Chicken Thighs CousCous Chuckwagon Veggies | 8 Spaghetti w/Turkey Marinara Green Beans | 9 Salisbury Steak Mashed Potatoes Carrots | 10 Chili Mac Peaches |
| 13 BBQ Chicken Brown Rice Peas & Carrots | 14 Mac & Cheese Broccoli Mandarin Oranges | 15 Ham Red Potatoes Carrots | 16 Shepherd's Pie Mashed Potatoes Pears | 17 CLOSED FOR IN- SERVICE DAY <i>(Frozen meal sent 5/14)</i> |
| 20 Biscuits & Gravy Applesauce | 21 Chicken Parmesan w/Spaghetti Noodles Green Beans | 22 Chicken Alfredo Zucchini | 23 Sweet & Sour Pork Rice Broccoli | 24 Chili Corn Bread |
| 27 CLOSED FOR MEMORIAL DAY <i>(Frozen meal sent 5/20)</i> | 28 Teriyaki Chicken White Rice Broccoli | 29 Pasta Primavera Applesauce | 30 Meatloaf Mashed Potatoes Green Beans | 31 Chicken Enchilada Rice & Beans Corn |