



MEALS on WHEELS
WAKE COUNTY

AUGUST MENU



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
8/1	8/2	8/3	8/4	8/5
	Smoked Turkey & Cheese on Wheat	Bella Burger on Bun	Pork Dumplings w/ Cabbage	Hamburger Pasta Bake
	Potato Salad	Cantaloupe	Noodles	Broccoli; Roll
	Pineapple	Corn	Broccoli	Pears
Special	Special	Special	Special	Special
	Vegetarian deli on GF bread	Beyond Cheese" Burgers"	Loaded Salad w/ Chickpeas	Meatless "Beef" Spaghetti
	Potato Salad; Pineapple	Cantaloupe; Corn	Oranges; GF Bread	Broccoli; GF Roll
8/8	8/9	8/10	8/11	8/12
Zucchini Burrito Boats w/	Cabbage Roll Casserole	Beef Lasagna w/ Spinach	All Beef Sausage w/ Slaw & Bun	Chicken Salad w/ Apples & Pecans
Ground Beef	w/ Beef & Peppers	Broccoli	Peppers & Onions	on Croissant
Bread	Bread; Apples	Dinner Roll	Pears; Rice	Carrots; Baked Apples
Special	Special	Special	Special	Special
Zucchini Burrito Boats w/	BBQ "Chik'n" w/ Peas & Carrots	GF Spinach & Cheese Pasta	Beyond "Sausage" w/ Slaw & Bun	Chickpea "Chik'n" Salad on GF Bread
Black Beans	Apples; Rice	Broccoli; GF Bread	Peppers & Onions	Carrots; Baked Apples
8/15	8/16	8/17	8/18	8/19
Turkey & Ranch Pasta Salad	BBQ Meatballs w/ Roll	General Tso's Chicken w/ Rice	Grilled Shrimp	Baked Ziti w/ Meat Sauce
Squash & Zucchini	Broccoli; Rice	Broccoli & Peppers	Rice; Squash	Broccoli; Roll
Bread	Fruit Salad	Bread	Pineapples	Apples
Special	Special	Special	Special	Special
Black Bean Burrito Bowl	BBQ Beyond "Meatballs"	Vegetable Stir Fry w/ Walnuts	Beyond "Sausage" w/ Slaw & Bun	GF Vegetarian Ziti
w/ Rice; Lettuce & Tomato	Broccoli; Rice	Rice; Fruit; GF Bread	Pears ; Rice	Broccoli; GF Roll
8/22	8/23	8/24	8/25	8/26
Pesto Chicken Pasta Salad	Roast Beef w/ Rice	Pulled BBQ Chicken	Salmon w/ Roasted Corn Salad	Oven Fried Chicken
Summer Vegetables	Asparagus	Yellow Rice; Broccoli	Fruit; Roll	Zucchini & Rice
Watermelon; Bread	Fruit; Roll	Pineapple; Roll	Green Beans	Fruit; Roll
Special	Special	Special	Special	Special
Stuffed Peppers w/ Beyond "Beef"	Vegetarian Sloppy Joe w/ GF Bread	Eggplant Parmesan w/ GF Pasta	"Chik'n" Patty Sandwich; GF Bread	"Chik'n" Cutlet
Rice; Carrots	Mixed Vegetables	Zucchini; GF Bread	Potato Salad	Zucchini & Rice

Please reserve your meal using the check in kiosk!