

ALL MEALS ARE SERVED WITH 2% MILK



Meals on Wheels Wake County

August 2025 Menu

Call 919-833-1749 to cancel

Monday	Tuesday	Wednesday	Thursday	Friday
				8/1
REMINDER IF YOU WILL NOT BE HOME CALL THE DAY BEFORE BY 12PM TO CANCEL YOUR MEAL DELIVERY				Beef Stroganoff, Lentils w/ Spinach, Capri Vegetables, Wheat Bread, Orange *CONTAINS BEEF*
8/4	8/5	8/6	8/7	8/8
BBQ Riblet, Mashed Potatoes, Green Beans w/Red Peppers, Hamburger Bun, Cranberry Juice, Apple *CONTAINS PORK*	Chicken Parmesan, Season Parslied Noodles, Italian Vegetables, Wheat Bread, Apple Juice	Brunswick Stew, Brown Rice, Broccoli & Cauliflower, Banana, Wheat Roll, Grape Juice, *CONTAINS CHICKEN*	Salisbury Steak w/Brown Gravy, Scalloped Potatoes, Capri Vegetables, Texas Toast, Fresh Vegetables *CONTAINS BEEF*	Baked Chicken, Green Beans, Sweet Potatoes, Dinner Roll, Banana, Orange Juice
8/11	8/12	8/13	8/14	8/15
Lasagna Casserole, Peas & Onions, Creamed Spinach, Wheat Bread, Orange *CONTAINS BEEF*	Chicken Fajita, Black Beans & Corn, Rice, Flour Tortilla, Banana	Beef & Broccoli, Ginger Carrot Coins, Oriental Vegetables, Sourdough Bread, Fortune Cookie, Cranberry Juice, Apple *CONTAINS BEEF*	BBQ Pork, BBQ Beans, Turnip Greens, Hamburger Bun, Vinegar, Banana *CONTAINS PORK*	Chicken & Dumplings, Lima Beans, Turnip Greens, Sourdough Bread, Orange, Apple Juice
8/18	8/19	8/20	8/21	8/22
Roasted Pork, Mushroom Gravy, Broccoli & Carrots, Yams & Pineapples, Texas Toast, Fresh Fruit *CONTAINS PORK*	Beef Pot Pie, Zucchini, Brown Rice, Dinner Roll, Orange *CONTAINS BEEF*	Spaghetti w/ Meat, Apple Crisp, Italian Vegetables, Italian Bread, Fresh Fruit *CONTAINS BEEF*	BBQ Chicken, Yellow Squash, Navy Beans, Wheat Roll, Orange, Cranberry Juice	Hamburger Pattie, Hamburger Bun, Corn, Spinach Au Gratin, Banana, Ketchup & Mustard Packet *CONTAINS BEEF*
8/25	8/26	8/27	8/28	8/29
Meatloaf Patty, Onion Gravy, O'Brien Potatoes, Creamed Spinach, Dinner Roll, Orange, Grape Juice *CONTAINS BEEF*	Sweet & Sour Chicken, Ginger Carrot Coins, Brown Rice, Wheat Bread, Fortune Cookie, Banana	Smoked Sausage, Peach Crisp, Brussels Sprouts, Hotdog Bun, Coleslaw *CONTAINS BEEF*	Baked Chicken, Zucchini, Organic Sweet Potatoes, Wheat Roll, Fresh Fruit	Beef Stroganoff, Lentils w/ Spinach, Capri Vegetables, Wheat Bread, Orange *CONTAINS BEEF*