

ALL MEALS ARE SERVED WITH 2% MILK



Meals on Wheels Wake County

July 2025 Menu Call 919-833-1749 to cancel

Monday	Tuesday	Wednesday	Thursday	Friday
	7/1	7/2	7/3	7/4
REMINDER IF YOU WILL NOT BE HOME CALL THE DAY BEFORE BY 12PM TO CANCEL YOUR MEAL DELIVERY	Sweet & Sour Chicken, Ginger Carrot Coins, Brown Rice, Wheat Bread, Fortune Cookie, Banana	Smoked Sausage, Peach Crisp, Brussels Sprouts, Hotdog Bun, Coleslaw *CONTAINS BEEF, PORK, TURKEY*	Baked Chicken, Zucchini, Organic Sweet Potatoes, Wheat Roll, Fresh Fruit	Closed for 4th of July Holiday
7/7	7/8	7/9	7/10	7/11
BBQ Riblet, Mashed Potatoes, Green Beans w/Red Peppers, Hamburger Bun, Cranberry Juice, Apple *CONTAINS BEEF, PORK*	Chicken Parmesan, Season Parslied Noodles, Italian Vegetables, Wheat Bread, Apple Juice	Brunswick Stew, Brown Rice, Broccoli & Cauliflower, Banana, Wheat Roll, Grape Juice,	Salisbury Steak w/Brown Gravy, Scalloped Potatoes, Capri Vegetables, Texas Toast, Fresh Vegetables *CONTAINS BEEF*	Baked Chicken, Green Beans, Sweet Potatoes, Dinner Roll, Orange Juice
7/14	7/15	7/16	7/17	7/18
Lasagna Casserole, Peas & Onions, Creamed Spinach, Wheat Bread, Orange *CONTAINS BEEF, PORK, TURKEY	Chicken Fajita, Black Beans & Corn, Rice, Flour Tortilla, Banana	Beef & Broccoli, Ginger Carrot Coins, Oriental Vegetables, Sourdough Bread, Fortune Cookie, Cranberry Juice, Apple	BBQ Pork, BBQ Beans, Turnip Greens, Hamburger Bun, Vinegar, Banana	Chicken & Dumplings, Lima Beans, Turnip Greens, Sourdough Bread, Orange, Apple Juice
7/21	7/22	7/23	7/24	7/25
Roasted Pork, Mushroom Gravy, Broccoli & Carrots, Yams & Pineapples, Texas Toast, Fresh Fruit	Beef Pot Pie, Zucchini, Brown Rice, Dinner Roll, Orange	Spaghetti w/ Meat, Apple Crisp, Italian Vegetables, Italian Bread, Fresh Fruit *CONTAINS BEEF, PORK, TURKEY	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, PORK, TURKEY
7/28	7/29	7/30	7/31	
Meatloaf Patty, Onion Gravy, O'Brien Potatoes, Creamed Spinach, Dinner Roll, Orange, Grape Juice *CONTAINS BEEF, PORK, TURKEY	Sweet & Sour Chicken, Ginger Carrot Coins, Brown Rice, Wheat Bread, Fortune Cookie, Banana	Smoked Sausage, Peach Crisp, Brussels Sprouts, Hotdog Bun, Coleslaw *CONTAINS BEEF, PORK, TURKEY*	Baked Chicken, Zucchini, Organic Sweet Potatoes, Wheat Roll, Fresh Fruit	