



ALL MEALS ARE SERVED WITH 2% MILK

Meals on Wheels Wake County

JUNE 2026 Menu Call 919-833-1749 to cancel!

Monday	Tuesday	Wednesday	Thursday	Friday
6/1	6/2	6/3	6/4	6/5
Chicken Breast, Garlic Cream Sauce, Broccoli w/Cheese Sauce, Navy Beans, White Bread Fresh Fruit	BBQ Pork w/Bun Navy Beans, Broccoli & Carrots, Orange <i>*contains pork*</i>	Beef Meatloaf w/Onion Gravy, Sweet Potatoes, CA Blend Vegetables, Dinner Roll, Banana, Orange Juice <i>*contains beef*</i>	Chicken Cacciatore, Zucchini & Onions, Spinach Au Gratin, Wheat Roll, Banana	Beef Ravioli, Chopped Broccoli, Carrot Coins, Wheat Roll, Apple <i>*contains beef*</i>
6/8	6/9	6/10	6/11	6/12
Salisbury Steak w/Gravy Rice Pilaf, Carrot Coins, Wheat Bread, Orange Grape Juice <i>*contains beef*</i>	Chicken Parmesan, Seasoned Parslied Noodles, Brussels Sprouts, Sourdough Bread, Banana	BBQ Pork Riblet, Mashed Potatoes, Green Beans w/ Red Peppers, Hamburger Bun, Cranberry Juice Apple <i>*contains pork*</i>	Spaghetti w/ Meat Spinach, Italian Bread, Apple Cobbler, Fresh Fruit Orange Juice <i>*contains beef*</i>	Chicken Curry, Cali Veg Blend, Jeweled Rice, Wheat Bread, Vanilla, Pudding, Orange
6/15	6/16	6/17	6/18	6/19
Baked Chicken, Italian Veg., Organic Sweet Potatoes, Wheat Roll, Fresh Fruit	Beef Hamburger w/ Bun, Peas & Carrots, Apple Raisin Compote, Orange <i>*contains beef*</i>	Brunswick Chicken Stew, Rice, Mustard Greens /w Vinegar, Wheat Bread, Pudding, Fresh Fruit	Macaroni & Cheese, Carrot Coins, Lentils w/ Spinach, Wheat Roll, Fresh Fruit, Juice Orange	CLOSED JUNETEENTH HOLIDAY
6/22	6/23	6/24	6/25	6/26
Beef Stew, Peas, Corn O'Brien, Sourdough Bread, Orange <i>*contains beef*</i>	Smoked Sausage w/Bun Green Bean Almandine Peach Crisp, Fresh Fruit Coleslaw <i>*contains beef*</i>	Pasta & Pork Sausage, Capri Vegetables, Corn, Italian Bread, Banana, Grape Juice <i>*contains pork*</i>	Peppered Swiss Steak, Dill Carrot Coins, Rice Pilaf, Wheat Roll, Apple Juice, Orange <i>*contains beef*</i>	Baked Chicken Spinach, Mashed Potatoes Butterscotch Pudding Wheat Bread, Banana
6/29	6/30			
Chicken Curry, Rice Pilaf, Spinach, Pita Bread, Apple Juice, Orange	BBQ Pork w/Bun, Green Beans, Red Potatoes, Sour Cream, Cole Slaw, Fresh Fruit	*REMINDER* IF YOU WILL NOT BE HOME	CALL THE DAY BEFORE BY 12PM TO CANCEL YOUR MEAL DELIVERY	