



**ALL MEALS ARE SERVED WITH 2% MILK**

Meals on Wheels Wake County

**JUNE 2025 Menu Call 919-833-1749 to cancel!**

Monday	Tuesday	Wednesday	Thursday	Friday
6/2	6/3	6/4	6/5	6/6
Spaghetti w/Meat, Chopped Broccoli, Italian Bread, Peach Cobbler, Apple, Grape Juice <i>*CONTAINS BEEF*</i>	Chicken Parmesan, Rice Pilaf, Brussels Sprouts, Wheat Bread, Fresh Fruit, Orange Juice	BBQ Riblet, Green Beans w/Red Peppers, O'Brien Potatoes, Hamburger Bun, Banana	Meatloaf Patty w/Onion Gravy, Sweet Potatoes, Summer Veggie Blend, Dinner Roll, Orange, Apple Juice <i>*CONTAINS BEEF*</i>	Baked Chicken, Dill Carrot Coins, Navy Beans, Wheat Roll, Orange
6/9	6/10	6/11	6/12	6/13
Beef Pot Pie, Carrot Coins, Field Peas, Wheat Bread, Lemon Pudding, Fresh Fruit	Beef Ravioli, Zucchini Medley, Peas & Onions, Italian Bread, Orange	Swiss Steak w/Onion Gravy, Spinach Au Gratin, Beets w/Orange, Texas Toast, Banana, Apple Juice	Chicken Breast w/Southwest Sauce, Turnip Greens, Sourdough Bread, Orange, Pineapple Juice	Hamburger on a Bun w/Lettuce & Tomato Slice, Pineapple Crisp Zucchini, Apple, Mustard Pack
6/16	6/17	6/18	6/19	6/20
BBQ Pork w/Hamburger Bun, Sugar Snap Peas, BBQ Beans, Fresh Fruit, Grape Juice	Baked Chicken, Spinach, Mashed Potatoes, Sourdough Bread, Banana, Cranberry Juice	Beef & Broccoli, Carrot Coins, Rice, White Bread, Apple, Fortune Cookie	<b>Closed for Juneteenth Holiday</b>	Chicken & Dumplings, Lima Beans w/ Red Winter Vegetables, Wheat Roll, Banana, Grape Juice
6/23	6/24	6/25	6/26	6/27
Chicken Picata, Seasoned Parslied Noodles, Green Beans, Sourdough Bread, Cranberry Juice, Orange	Smoked Sausage, Peach Crisp, Black Beans, Coleslaw, Hotdog Bun, Mustard Packet <i>*CONTAINS BEEF, PORK &amp; TURKEY*</i>	Baked Chicken, Italian Vegetables, Organic Sweet Potatoes, Fresh Fruit, Wheat Roll	Salisbury Steak w/Brown Gravy, Spinach, Mixed Beans, Texas Toast, Orange <i>*CONTAINS BEEF*</i>	Chicken Curry, White Rice & Wild Broccoli & Carrots, Pita Bread, Banana
6/30				
Meatloaf Patty w/Onion Gravy, O'Brien Potatoes, Creamed Spinach, Dinner Roll, Orange, Grape Juice <i>*CONTAINS BEEF*</i>	<b>*REMINDER*</b> <b>IF YOU WILL NOT BE HOME</b>	<b>CALL THE DAY BEFORE BY 12PM TO CANCEL YOUR MEAL DELIVERY</b>		