

Meals On Wheels

Sample Menu



Hot Meal - Sample Entrees

Baked Chicken
Lasagna
Baked Fish
Egg Rolls
Spaghetti & Meatballs
Roast Turkey
Beef Stew
Chile Rellenos

Cold Meal - Sample Items

Salmon Salad
Egg Salad
Turkey Sandwich
Roast Beef Sandwich
Fresh Fruit
Vegetables
Pudding
Cookies
Apple/Orange/Craberry Juice