

# Meals On Wheels

## Sample Menu



### Hot Meal - Sample Entrees

Italian Chicken  
Lasagna  
Baked Fish  
Swedish Meatballs  
Salisbury Steak  
Beef Stew  
Spaghetti with Meat Sauce

### Cold Meal - Sample Items

Egg, Chicken, or Tuna Salad  
Sandwiches  
Turkey Sandwich  
Entree Salad  
Fresh Fruit  
Side Salad  
Dessert  
Water or Juice (Apple, Cranberry,  
Orange)