



# Senior Concerns

*Serving Seniors & Their Family Caregivers*

## Meals On Wheels

### Sample Menu (2026)

#### Hot Meal – Sample Entrees

- Baked Lemon Chicken
- Chicken Cacciatore
- Baked Cod & Lemon Seasoning
- Beef & Bean Tacos
- Meatloaf and Gravy
- Teriyaki Salmon
- Pasta with Meatballs & Sauce

#### Cold Meal – Sample Entrees

- Egg or Chicken or Tuna Salad Sandwich
- Roast Beef or Turkey Sandwich
- Entrée Salad
- Fruit Cup
- Side Salad: Shredded Carrots, Coleslaw, or 3 Bean
- Dessert: Cake, Cobbler, Pudding, Cookie
- Milk, Water or Juice (Apple, Cranberry, Orange)