

Meals on Wheels & Congregate Meals Menu July

15

DATE	HOME DELIVERED MENU ENTREE	CONGREGATE MENU ENTREE
Monday, July 2	Pork Roast, Sweet Potatoes, Orange Wedges	Mushroom Swiss Burger, Baked French Fries, Coleslaw
Tuesday, July 3	Ravioli Casserole, Green Beans, Tossed Salad	Spaghetti Casserole, Green Beans, Garlic Bread
Wednesday, July 4	Closed For Holiday	Closed For Holiday
Thursday, July 5	Chicken & Noodles, Key West Blend Veggie, Broccoli	Chicken & Noodles, Venetian Blend Veggies, Banana
Friday, July 6	Creamed Turkey, Mashed Potatoes, Brussel Sprouts	Barbeque Bar
Monday, July 9	Goulash, Nantucket Blend Veggie, Peaches	Hearty Cheese Tortellini, Italian Blend Veggies
Tuesday, July 10	Pork Chop w/ Mushroom Gravy, Peas w/Pearl Onions	Teddy Bear Picnic @ Nottawa Park
Wednesday, July 11	Oven Fried Chicken, Redskin Potatoes, Tossed Salad	Meatloaf, Mashed Potato & Gravy, Cantaloupe
Thursday, July 12	Unbreaded Cod Fillets, Spinach, Coleslaw	Baked Herb Crust Fish, Rice Pilaf, Cherry Crisp
Friday, July 13	Cabbage Rolls, Mixed Vegetables, Fruit Mix	Mexican Bar
Monday, July 16	Pizza Casserole, Italian Blend Veggies, Garlic Roll	Barbeque Chicken, German Potato Salad, Pears
Tuesday, July 17	Chicken Parmesan, Midori Blend Veggies, Wheat Roll	Ham, Baked Sweet Potato, Key West Blend Veggie
Wednesday, July 18	Veal Patty w/Gravy, Wild Rice, Beets, Oranges	Sweet Italian Sausage w/Peppers, Onions & Cabbage
Thursday, July 19	Ham, Sweet Potatoes, Key West Blend Veggies	Chicken Parmesan, Midori Blend Veggies, Peach Crisp
Friday, July 20	Beef Manhattan, Mashed Potatoes & Gravy	Hamburger & Bratwurst Bar
Monday, July 23	Sloppy Joes, Baked Beans, Riviera Blend Veggies	Vegetable Lasagna, Broccoli & Cauliflower, Cantaloupe
Tuesday, July 24	Lasagna Casserole, Broccoli & Cauliflower, Spring Salad	Sloppy Joes, Baked Beans, Apple Crisp
Wednesday, July 25	Pork Roast, Succotash Blend Veggie, Apple Crisp	Summer Picnic @ Covered Bridge Farm
Thursday, July 26	Taco Salad, Black Beans, Spanish Rice, Tropical Fruit	Chicken Enchiladas, Jicama Slaw, Spanish Rice,
Friday, July 27	Chicken Stew, Biscuits, Grapes	Salad & Deli Bar
Monday, July 30	Mushroom Swiss Burger, Potato Salad, Ambrosia	Roast Pork w/Stuffing & Gravy, Peas, Waldorf Salad
Tuesday, July 31	Lemon Chicken, Parsley Potatoes, Cherry Crisp	Lemon Chicken, Baked Potatoes, Blueberry Crisp

***Meals are served with side dishes and milk, to provide 1/3 the Recommended Daily Allowances for adults 60+**

Join us for Lunch

***Call the COA to reserve your lunch at Three Rivers, Klines or Sturgis.**

Kline's Resort
269-279-8083
Fridays @ Noon
22260 Kline's Resort Rd.
Three Rivers, MI 49093

**Three Rivers
Community Center**
269-279-8083
Monday-Friday @ Noon
103 S. Douglas Avenue
Three Rivers, MI 49093

Enrichment Center
269-279-8083
Monday-Friday @ Noon
306 N. Franks Avenue
Sturgis, MI 49091

The COA offers lunch on the first and third Friday of each month in Colon at Mystic Grove Apartments. Any COA member is welcome.