

PRINTABLE POCOMO MEALS ON WHEELS MEAL SCHEDULE

Cost: \$5.50 each (includes delivery). Subject to change without notice

Special diets include: Diabetic, Low Cholesterol and Minced.

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
#1	Daily Soup SHEPHERD'S PIE Steamed Vegetables Strudel	Daily Soup VEAL CUTLET w/ Mushroom Sauce Mashed Potatoes Vegetable Medley Butterscotch Pudding	Daily Soup CABBAGE ROLLS Perogies Steamed Vegetables Fruit Cocktail	Daily Soup BBQ CHICKEN Wedge Potato Corn Jell-O	Daily Soup BAKED TERIYAKI SALMON Rice Green Beans & Cauliflower Chocolate Pudding
#2	Daily Soup BEEF STEW Mashed Potatoes Chocolate Chip Cookie	Daily Soup LASAGNA Steamed Vegetables Garlic Bread Banana Cake	Daily Soup SWEET & SOUR PORK Steamed Rice Broccoli / Carrots Fruit Cocktail	Daily Soup BAKED HAM Scalloped Potatoes Corn Peaches	Daily Soup BUTTER CHICKEN Rice Steamed Vegetables Naan Bread Jell-O
#3	Daily Soup SPAGHETTI / MEAT SAUCE Garlic Bread Steamed Vegetables Grapes	Daily Soup TURKEY SCHNITZEL Turkey Cranberry Gravy Mashed Sweet Potatoes Brussels Sprouts & Carrots Apple Slices	Daily Soup SALISBURY STEAK Onions Mushroom Gravy Mashed Potatoes Peas & Corn Butterscotch Pudding	Daily Soup SHEPHERD'S PIE Steamed Vegetables Vanilla Pudding	Daily Soup ROASTED PORK, GRAVY Roast Potatoes Seasonal Vegetables Carrot Cake
#4	Daily Soup CABBAGE ROLLS Perogies Steamed Vegetables Fruit Cocktail	Daily Soup MEATLOAF / TOMATO RAGOUT Mashed Potatoes Green Beans & Carrots Chocolate Pudding	Daily Soup CHICKEN A LA KING Rice Pilaf Vegetable Medley Pineapple	Daily Soup BREADED PORK CHOP Potatoes Steamed Vegetables Apple Strudel	Daily Soup BAKED SALMON Lemon Cream Sauce Rice Ratatouille Chocolate Pudding
#5	Daily Soup HAM / APPLE COMPOTE Scalloped Potatoes Corn Mandarin Oranges	Daily Soup HAWAIIAN MEATBALLS Steamed Rice Broccoli / Carrots Fruit Cocktail	Daily Soup LASAGNA Garlic Bread Steamed Vegetables Banana Cake	Daily Soup ROAST BEEF Gravy Mashed Potatoes Vegetable Medley Butterscotch Pudding	Daily Soup HERB ROASTED CHICKEN Roast Potatoes Green Beans & Carrots Chocolate Pudding

NOTE: Diabetic meals have no grape or cranberry juice. Dessert is generally Fruit, Jell-O or Pudding.