



# June

2022

## Perry Lutheran Homes Meals on Wheels Menu

**\*\*Meals are subject to change\*\***  
**Meals are served with 2% milk unless you request not to receive milk.**  
**Call Gina at (515) 829-7203 with any changes or cancelations.**

MON	TUE	WED	THU	FRI	SAT	SUN
		1	2	3	4	5
Citrus Dijon Chicken Brown Rice Green Beans Almondine Bread w/ Margarine Fruit	Cincinnati Chili Spaghetti Noodles Tossed Greens w/ Dressing Garlic Toast Fruit	Pineapple Glazed Ham Dijon Scalloped Potatoes Seasonal Vegetables Bread w/ Margarine Fruit	BBQ Turkey Meatloaf Scalloped Corn Sweet & Sour Coleslaw Fruit	Seafood Alfredo Lasagna Roll Ups Seasoned Peas Garlic Toast Fruit		
6	7	8	9	10	11	12
Cheesy Tortellini Tossed Greens w/ dressing Garlic Toast Fruit	French Onion Pork Chop Baked Sweet Potato Green Beans Bread w/ Margarine Fruit	Savory Roast Beef Mashed Potatoes w/ gravy Roasted Carrots Bread w/ Margarine Fruit	Orange Chicken Rice Pilaf Oriental Vegetables Fruit	Lemon Pepper Tilapia Macaroni Corn Bake Seasonal Vegetables Fruit		
13	14	15	16	17	18	19
Philly Steak Sandwich French Fries Sweet Corn Salad Fruit	Caprese Chicken Garlic & Basil Pasta Green Beans Fruit	Classic Meatloaf Mashed Potatoes w/ gravy Chalet Garlic Buttered Vegetables Bread w/ Margarine Fruit	Tuna Mushroom Casserole Buttered Peas Bread w/ Margarine Fruit	Hot Dog on Bun Potato Salad Baked Beans Fruit		Fathers' Day
20	21	22	23	24	25	26
Lasagna Roll Ups Tossed salad w/ dressing Garlic Toast Fruit	Swiss Pork Chop Baked Sweet Potato Country Style Green Beans Fruit	Hot Roast Beef Sandwich Mixed Vegetables Fruit	Garlic Butter Chicken Garden Vegetable Rice Roasted Capri Blend Vegetables Bread w/ margarine Fruit	Crispy Fish Tacos w/ Cole Slaw Fried Potatoes Fruit		
27	28	29	30			
Lemon Garlic Pork Loin Rotini Alfredo Steamed Asparagus Fruit	California Hamburger w/ bun Potato Salad Baked Beans Fruit	Chicken Fried Chicken Mashed Potatoes w/ cream gravy Carrots Fruit	Smoked Pork Chop w/ rhubarb sauce Macaroni & Cheese Seasoned Green Beans Bread w/ Margarine Fruit	Fish & Chips Creamy Coleslaw Corn Bread w/ Margarine Fruit		