



Western Meals on Wheels: No red meat Hot Meals

Western Meals on Wheels options change on a 4-week rotation. 5 Sandwich pack options, available in addition to a regular meal order, are listed at the bottom of the menu. Tuesday and Friday options are vegetarian; frozen vegetarian entrees are also available.

2020		MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
WEEK 1	Jan 20-Jan 24	Aug 3-Aug 7	Cream of Vegetable Chicken Teriyaki Mixed Rice & Peas Vegetables Cookie	Carrot Soup Three Cheese Tortellini Vegetables Macaroon Bite	Cream of Tomato Perogies and Turkey Sausages Sauerkraut Fresh Orange	Seafood Chowder Battered Fish Rice Vegetables Brownie
	Feb 17-Feb 21	Aug 31-Sep 4				
	Mar 16-Mar 20	Sep 28-Oct 2				
	Apr 13-Apr 17	Oct 26-Oct 30				
	May 11-May 15	Nov 23-Nov 27				
Jun 8-Jun 12	Dec 21-Dec 25					
Jul 6-Jul 10						
WEEK 2	Jan 1-Jan 3	Jul 13-Jul 17	Cream of Cauliflower Mediterranean Chicken Mashed Potatoes Vegetables Banana	Vegetable Barley Soup Quiche Florentine Vegetables Oatmeal Raisin Cookie	Chicken Vegetable Soup Butter Chicken Fried Rice Vegetables Cheesecake	Roasted Tomato Soup Poached Fish Basmati Rice with Mushrooms Vegetables Cinnamon Crunchie
	Jan 27-Jan 31	Aug 10-Aug 14				
	Feb 24-Feb 28	Sep 7-Sep 11				
	Mar 23-Mar 27	Oct 5-Oct 9				
	Apr 20-Apr 24	Nov 2-Nov 6				
May 18-May 22	Nov 30-Dec 4					
Jun 15-Jun 19	Dec 28-Dec 31					
WEEK 3	Jan 6-Jan 10	Jul 20-Jul 24	Minestrone Roast Chicken Mashed Potatoes Vegetables Chocolate Cake	Split Pea Soup Vegetable Stir-Fry Rice Apple	Cream of Broccoli BBQ Chicken Mixed Rice and Peas Vegetables Muffin	Clam Chowder Salmon Patty Pasta Vegetables Mini Donuts
	Feb 3-Feb 7	Aug 17-Aug 21				
	Mar 2-Mar 6	Sep 14-Sep 18				
	Mar 30-Apr 3	Oct 12-Oct 16				
	Apr 27-May 1	Nov 9-Nov 13				
May 25-May 29	Dec 7-Dec 11					
Jun 22-Jun 26						
WEEK 4	Jan 13-Jan 17	Jul 27-Jul 31	Mulligatawny Chicken Cacciatore Noodles Vegetables Brownie	Roasted Eggplant Soup Vegetarian Chow Mein Fried Rice Banana Loaf	Chicken Noodle Soup Roast Turkey Mashed Potatoes Vegetables Butterscotch Pudding	Navy Bean Soup Seafood Casserole Rice Vegetables Peach and Pear Halves
	Feb 10-Feb 14	Aug 24-Aug 28				
	Mar 9-Mar 13	Sep 21-Sep 25				
	Apr 6-Apr 10	Oct 19-Oct 23				
	May 4-May 8	Nov 16-Nov 20				
Jun 1-Jun 5	Dec 14-Dec 18					
Jun 29-Jul 3						
Sandwich Packs		Turkey & Fruit	Vegetarian & Fruit	Egg Salad & Fruit	Tuna Salad & Fruit	Chicken Salad & Fruit