


July 2010 Evening Meals on Wheels Menu

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
	Entrée Alternative of the Month: (Available Monday thru Wednesday!) Salisbury Steak		1 - Roast Turkey & Dressing Mashed Potatoes Cranberry Sauce Pumpkin Bar	2 - Sicilian Pork Cutlet Baked Potato Vegetable Medley Cookies
5 - CLOSED - NO DELIVERY See other side for Delivery Information	6 - Chicken N' Dumpling's Parsley Potatoes Steamed Carrots Cole Slaw Rocky Road Mousse	7 - BBQ Pot Roast Tater Tots Steamed Broccoli Jell-O Cup	8 - Pulled Pork w/Sauerkraut Mashed Potatoes Corn O'Brien Coconut Macaroon Bar	9 - Chicken Sukiyaki w/Rice Brussel Sprouts Purple Plums Cookies
12 - Spaghetti & Meatballs Steamed Spinach Apricots Lemon Bars	13 - Cashew Chicken w/Rice Steamed Asparagus Mandarin Oranges Garden Salad Bavarian Cookies & Cream Mousse	14 - Penne Pasta w/Roast Pork & Asparagus Scalloped Potatoes Mixed Vegetables Cherry Crisp	15 - Fried Chicken Baby Red Potatoes Cauliflower w/Cheese Strawberry Cheese Cake	16 - Stuffed Cabbage (stuffed w/ground beef, rice & tomatoes) Steamed Yellow Beans Applesauce Cookies
19 - Ring Bologna w/Sweet & Sour Red Cabbage German Potato Salad Steamed Carrots Red Grape Clusters	20 - Macaroni & Cheese Peas & Mushrooms Sliced Pears Tossed Salad Mocha Cappuccino Mousse	21 - Chicken Cordon Bleu Baked Potatoes Green Beans & Tomatoes Blueberry Tarts	22 - Old Fashioned Meatloaf Mashed Potatoes Steamed Carrots Whole Fruit	23 - Tuna Noodle Casserole Steamed Broccoli Fruit Cocktail Cookies
26 - Baked Ham w/Pineapple Au Gratin Potatoes Peas & Carrots Apple crisp w/Cheddar Cheese Wedge	27 - Beef Goulash Beets Apricots Garden Salad Tapioca Pudding	28 - Stuffed Manicotti Steamed Broccoli Sliced Peaches 7 Layer Bars	29 - Chicken w/Biscuits Mashed Potatoes Vegetable Medley Carrot Cake w/Cream Cheese Frosting	30 - Cheeseburger Pasta Bake Stewed Tomatoes Baked Cinnamon Apples Cookies

Order or cancel by NOON the day before by calling 608-204-0923. Office hours are Monday thru Friday, 9:30 am-6:00 pm.

Cancellations MUST be made at least 24 hours in advance to avoid charges.
 Menus are subject to change without notice.



Independent Living, Inc.

Evening Meals on Wheels

602 N. Segoe Road
Madison, WI 53705
Phone: 608-204-0923
Fax: 608-310-4524
www.indepenliving.com

Evening Meals on Wheels offers an option for those who would like to have meals on the weekend. These meals will be prepared fresh in our kitchen and will meet the same high quality standards to which you have become accustomed. **These meals are refrigerated and delivered cold.**

The tray with the hot food items needs to be **reheated in a microwave oven**. Be sure to **poke a hole in the cover with a fork**. All microwave ovens **vary in cooking times**; try heating your meal for 2 minutes, then check the temperature of your meal. Continue cooking for 1-2 minutes if it is not heated thoroughly.

Cold salad plate meals are not to be heated, but served chilled.

If you would like to place an order or have any questions, please call our Evening Meals on Wheels office at 608-204-0923.

Delivery	Option A	Delivery	Option B
*Thursday, <u>July 1</u>	Beef Stew	*Thursday, <u>July 1</u>	7 Layer Salad
Evening Meals on Monday, July 5th	Wheels office <u>CLOSED</u> Delivery Information →	* <u>Friday, July 2</u>	<u>Monday, July 5th Meal</u> Beef Wellington Hash Brown Potatoes Green Beans Almandine Watermelon Wedge
July 8	Lasagna	July 9	Thai Pasta Salad
July 15	Beef Birds	July 16	Pepperoni Calzone
July 22	Cheese Omelet	July 23	Herb Roasted Chicken Breast
July 29	Scalloped Potatoes w/Ham	July 30	Cottage Cheese & Fruit Salad

All meals are served with assorted bread and butter and a dessert.

