



MISSOULA *aging* SERVICES

MEALS ON WHEELS May 2019

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
		5/1/19 YANKEE POT ROAST RED POTATOES BABY CARROTS BANANA WHITE CAKE WHITE CAKE (DIABETIC) VEGETARIAN: VEGETARIAN CHILI BABY CARROTS DINNER ROLL	5/2/19 MEATLOAF WITH GRAVY MASHED POTATOES PEAS ORANGE BLUEBERRY COBBLER BLUEBERRY COBBLER (DIABETIC) VEGETARIAN: VEGGIE LOAF W/ MASHED POTATOES & GRAVY PEAS	5/3/19 MACARONI & CHEESE GREEN BEANS CHOPPED WATERMELON OATMEAL RAISIN COOKIE LEMON COOKIE (DIABETIC) VEGETARIAN: VEGETARIAN MACARONI & CHEESE GREEN BEANS
5/6/19 BEEF STROGANOFF EGG NOODLES CARROTS GREEN APPLE VANILLA PUDDING VANILLA PUDDING (DIABETIC) VEGETARIAN: SWEET POTATO ENCHI- LADA CASSEROLE CARROTS	5/7/19 CHICKEN & DUMPLING STEW BRUSSEL SPROUTS KIWI ANGEL FOOD CAKE ANGELFOOD CAKE (DIABETIC) ORANGE JUICE VEGETARIAN: TOFU & DUMPLING STEW BRUSSEL SPROUTS	5/8/19 SPAGHETTI WITH MEAT SAUCE PASTA VEGETABLE BLEND ORANGE CHOCOLATE CAKE CHOCOLATE CAKE (DIABETIC) VEGETARIAN: HUNGARIAN MUSHROOM STEW BISCUIT VEGETABLE BLEND	5/9/19 ZESTY RANCH CHICKEN WITH GRAVY MASHED POTATOES PEAS RED GRAPES BANANA BREAD CHEESECAKE (DIABETIC) VEGETARIAN: EGGPLANT PARMESAN DINNER ROLL PEAS	5/10/19 PULLED PORK DINNER ROLL GREEN BEANS COLE SLAW SNICKERDOODLE COOKIE LEMON COOKIE (DIABETIC) VEGETARIAN: QUINOA STUFFED PEP- PERS WITH MARINARA SAUCE GREEN BEANS
5/13/19 BEEF CHILI CORNBREAD CORN RED APPLE CARROT CAKE CUSTARD (DIABETIC) VEGETARIAN: VEGETARIAN CHILI CORN BREAD CORN	5/14/19 CHICKEN TERIYAKI BROWN RICE ASPARAGUS TIPS ORANGE PEACH CRISP YOGURT PARFAIT (DIABETIC) GRAPE JUICE VEGETARIAN: ROASTED ONION AND MUSHROOM SHEPHERD'S PIE ASPARAGUS TIPS	5/15/19 ROAST BEEF MASHED POTATOES CAULIFLOWER BANANA YELLOW CAKE WHITE CAKE (DIABETIC) VEGETARIAN: CURRIED SWEET POTA- TO CASSEROLE CAULIFLOWER	5/16/19 MEATLOAF W/ GRAVY SWEET POTATOES CARROTS FRESH PEAR TAPIOCA PUDDING JELLO (DIABETIC) VEGETARIAN: VEGGIE LOAF W/ GRAVY CARROTS	5/17/19 AMERICAN GOULASH W/ TURKEY GREEN BEANS CHOPPED HONEYDEW CHOCOLATE CHIP COOKIE CHOCOLATE CHIP COOKIE (DIABETIC) VEGETARIAN: VEGETARIAN GOULASH GREEN BEANS

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
5/20/19 INSIDE OUT BEEF LASAGNA BROCCOLI GREEN APPLE CHEESECAKE CHEESECAKE (DIABETIC) VEGETARIAN: INSIDE OUT VEGETARIAN LASAGNA BROCCOLI	5/21/19 BBQ CHICKEN BAKED POTATOES CORN O'BRIEN MANDRIN ORANGES ANGEL FOOD CAKE ANGEL FOOD CAKE (DIABETIC) APPLE JUICE VEGETARIAN: QUINOA STUFFED PEPPERS W/ MARINARA SAUCE CORN O'BRIEN	5/22/19 BEEF STEW BISCUIT CAULIFLOWER SALAD & RANCH DRESSING CHOCOLATE CAKE CHOCOLATE CAKE (DIABETIC) VEGETARIAN: HUNGARIAN MUSHROOM STEW BISCUIT CAULIFLOWER	5/23/19 SWEET & SOUR CHICKEN BROWN RICE BRUSSEL SPROUTS BANANA VANILLA WAFERS VANILLA WAFERS (DIABETIC) VEGETARIAN: SWEET POTATO ENCHILADA CASSEROLE BRUSSEL SPROUTS	5/24/19 CRUSTED COD WITH WHITE WINE CREAM SAUCE LEMON BASIL COUS COUS GREEN BEANS CHOPPED CANTALOUPE LEMON CAKE LEMON CAKE (DIABETIC) VEGETARIAN: EGGPLANT PARMESAN DINNER ROLL GREEN BEANS
5/27/19: NO MEAL DELIVERY! 	5/28/19 ROASTED TURKEY WITH GRAVY SWEET POTATOES CORN ORANGE BROWNIE BROWNIE (DIABETIC) CRANBERRY JUICE VEGETARIAN: ROASTED ONION AND MUSHROOM SHEPHERD'S PIE CORN	5/29/19 YANKEE POT ROAST RED POTATOES BABY CARROTS BANANA WHITE CAKE WHITE CAKE (DIABETIC) VEGETARIAN: VEGETARIAN CHILI BABY CARROTS DINNER ROLL	5/30/19 MEATLOAF WITH GRAVY MASHED POTATOES PEAS ORANGE BLUEBERRY COBBLER BLUEBERRY COBBLER (DIABETIC) VEGETARIAN: VEGGIE LOAF W/ MASHED POTATOES & GRAVY PEAS	5/31/19 MACARONI & CHEESE GREEN BEANS CHOPPED WATERMELON OATMEAL RAISIN COOKIE LEMON COOKIE (DIABETIC) VEGETARIAN: VEGETARIAN MACARONI & CHEESE GREEN BEANS

Thomas Cuisine and Missoula Aging Services are committed to serving you quality food that tastes good. It is very important for you to let us know **within 24 hours** of your meal delivery if you have received a food item that you are medically restricted from eating, or if you have received a meal that you cannot eat (as in the case of meat that is too tough to chew, or food that has evidence of spoilage). ***MENU IS SUBJECT TO CHANGE!***

IF YOU HAVE QUESTIONS ABOUT YOUR MEAL SERVICE, OR NEED TO SUSPEND SERVICE PLEASE CALL US AT 728-7682