




Meals on Wheels of Metro Tulsa
 (918) 627-4103
August 2022 Menu-Regular

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
1 Lemon Pepper Fish Green Peas Medley Cabbage	2 Salisbury Steak w/ Gravy Lima Beans Cauliflower	3 Turkey Chili w/ Beans Dilled Carrots Broccoli	4 Loaded Potato Casserole Green Beans Scalloped Tomatoes	5 Turkey Breast w/ Gravy Whipped Potatoes Capri Vegetables	6 BBQ Chicken Meatballs Ranch Beans Mixed Vegetables	7 Swiss Steak Whole Kernel Corn Green Beans
8 Diced Coconut Chicken over Herbed Jasmine Rice Japanese Vegetables Hot Spiced Pineapple	9 Turkey & Dumplings Broccoli Squash/Zucchini/Toma toes	10 BBQ Pork Rib Patty Delmonico Potatoes Green Beans	11 Chicken Enchilada Bake Black Beans Dilled Carrots	12 Honey Glazed Ham Whole Kernel Corn Brussels Sprouts	13 Salisbury Steak w/ Gravy Baked Beans California Vegetables	14 Cranberry Chicken Lima Beans Whole Kernel Corn
15 Meatloaf Tomato Gravy Whipped Potatoes Catalina Vegetables	16 Turkey Brunswick Stew Parslied Rice Medley Cabbage	17 Breaded Chicken Patty Ranch Beans Hot Spiced Pineapple	18 Beef Chili w/ Beans Whole Kernel Corn Stewed Tomatoes	19 Lemon Pepper Chicken Whipped Potatoes California Vegetables	20 Swiss Steak Black-Eyed Peas Broccoli	21 Creamy Pesto Diced Chicken Green Peas Sliced Carrots
22 Salisbury Beef w/Gravy Oven Roasted Potatoes Brussels Sprouts	23 Turkey & White Beans Cajun Rice Broccoli	24 Spinach Chicken Whipped Potatoes Spring Vegetables	25 Polish Pork Sausage Diced Beets Mixed Vegetables	26 Beef Spaghetti Casserole Green Beans w/ Onions Glazed Carrots	27 Bean & Cheese Burrito Whole Kernel Corn Stewed Tomatoes	28 Beef w/ Country Gravy Black-Eyed Peas Cauliflower
29 Chicken Fajita Pinto Beans Ole' Mixed Vegetables	30 Beef Enchilada Pie Confetti Rice Spinach	31 Glazed Ham Lima Beans Okra & Tomatoes				*Please note that substitutions may have to be made sometimes for specific items due to shortages, unavailability of the product from the vendors, or for other reasons

Meals on Wheels of Metro Tulsa
(918) 627-4103
August 2022 Menu-Chicken-Vegetarian

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
1	2	3	4	5	6	7
Spaghetti Torte Green Peas Medley Cabbage	Broccoli Cheese Bake Lima Beans Cauliflower	Turkey Chili w/ Beans Dilled Carrots Broccoli	Loaded Potato Casserole Green Beans Scalloped Tomatoes	Turkey Breast w/ Gravy Whipped Potatoes Capri Vegetables	BBQ Chicken Meatballs Ranch Beans Mixed Vegetables	Bean & Cheese Burrito Whole Kernel Corn Green Beans
8	9	10	11	12	13	14
Diced Coconut Chicken over Herbed Jasmine Rice Japanese Vegetables Hot Spiced Pineapple	Turkey & Dumplings Broccoli Squash/Zucchini/Toma toes	BBQ Garden Burger Delmonico Potatoes Green Beans	Chicken Enchilada Bake Black Beans Dilled Carrots	Broccoli Strata Whole Kernel Corn Brussels Sprouts	Veggie Sausage Patties Baked Beans California Vegetables	Cranberry Chicken Lima Beans Whole Kernel Corn
15	16	17	18	19	20	21
Eggplant Parmesan Whipped Potatoes Catalina Vegetables	Turkey Brunswick Stew Parslied Rice Medley Cabbage	Breaded Chicken Patty Ranch Beans Hot Spiced Pineapple	Bean Chili Whole Kernel Corn Stewed Tomatoes	Lemon Pepper Chicken Whipped Potatoes California Vegetables	Bean & Cheese Burrito Black-Eyed Peas Broccoli	Creamy Pesto Diced Chicken Green Peas Sliced Carrots
22	23	24	25	26	27	28
Broccoli Cheese Bake Oven Roasted Potatoes Brussels Sprouts	Turkey & White Beans Cajun Rice Broccoli	Spinach Chicken Whipped Potatoes Spring Vegetables	Vegetable Potato Soup Diced Beets Mixed Vegetables	Italian Shells & Cheese Green Beans w/ Onions Glazed Carrots	Bean & Cheese Burrito Whole Kernel Corn Stewed Tomatoes	Garden Burger w/ Country Gravy Black-Eyed Peas Cauliflower
29	30	31				*Please note that substitutions may have to be made sometimes for specific items due to shortages, unavailability of the product from the vendors, or for other reasons

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Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
1 Spaghetti Torte Green Peas Medley Cabbage	2 Broccoli Cheese Bake Lima Beans Cauliflower	3 White Bean Chili Dilled Carrots Broccoli	4 Cheesy Potato Soup Green Beans Scalloped Tomatoes	5 Garden Burger w/ Gravy Whipped Potatoes Capri Vegetables	6 BBQ Veggie Meatballs Ranch Beans Mixed Vegetables	7 Bean & Cheese Burrito Whole Kernel Corn Green Beans
8 Teriyaki Veggie Meatballs over Herbed Jasmine Rice Japanese Vegetables Hot Spiced Pineapple	9 Macaroni & Cheese Broccoli Squash/Zucchini/Toma toes	10 BBQ Garden Burger Delmonico Potatoes Green Beans	11 Bean Tamale Pie Black Beans Dilled Carrots	12 Broccoli Strata Whole Kernel Corn Brussels Sprouts	13 Veggie Sausage Patties Baked Beans California Vegetables	14 Cheese Enchiladas Lima Beans Whole Kernel Corn
15 Eggplant Parmesan Whipped Potatoes Catalina Vegetables	16 Lentil Stew Parslied Rice Medley Cabbage	17 Garden Burger Ranch Beans Hot Spiced Pineapple	18 Bean Chili Whole Kernel Corn Stewed Tomatoes	19 Falafel Balls Whipped Potatoes California Vegetables	20 Bean & Cheese Burrito Black-Eyed Peas Broccoli	21 Pesto Veggie Meatballs Green Peas Sliced Carrots
22 Broccoli Cheese Bake Oven Roasted Potatoes Brussels Sprouts	23 Bean Tamale Pie Cajun Rice Broccoli	24 Spinach Mushroom Quiche Whipped Potatoes Spring Vegetables	25 Vegetable Potato Soup Diced Beets Mixed Vegetables	26 Italian Shells & Cheese Green Beans w/ Onions Glazed Carrots	27 Bean & Cheese Burrito Whole Kernel Corn Stewed Tomatoes	28 Garden Burger w/ Country Gravy Black-Eyed Peas Cauliflower
29 Vegetarian Taco Pinto Beans Ole' Mixed Vegetables	30 Chilaquiles Casserole Confetti Rice Spinach	31 Corn Chowder Lima Beans Okra & Tomatoes				*Please note that substitutions may have to be made sometimes for specific items due to shortages, unavailability of the product from the vendors, or for other reasons