





Meals on Wheels of Metro Tulsa
(918) 627-4103

June 2022 Menu-Regular

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
		1 Beef Taco Pinto Beans Mexican Corn	2 Lemon Caper Chicken Whipped Potatoes Stewed Tomatoes	3 Pork Sausage w/ Red Beans Rice Parslied Carrots	4 Baked Chicken w/ Gravy Roasted Sweet Potatoes Cauliflower	5 Rosemary Beef Black-Eyed Peas Spinach
6 Lemon Pepper Fish Green Peas Medley Cabbage	7 Salisbury Beef w/ Gravy Lima Beans Cauliflower	8 Turkey Chili w/ Beans Broccoli Dilled Carrots	9 Loaded Potato Casserole Green Beans Scalloped Tomatoes	10 Turkey Breast w/ Gravy Whipped Potatoes Capri Vegetables	11 BBQ Chicken Meatballs Ranch Beans Mixed Vegetables	12 Swiss Steak Whole Kernel Corn Green Beans
13 Diced Coconut Chicken Over Herbed Rice Japanese Vegetables Hot Spiced Pineapple	14 Turkey & Dumplings Broccoli Squash/Zucchini/ Tomatoes	15 BBQ Pork Rib Patty Delmonico Potatoes Green Beans	16 Chicken Enchilada Bake Black Beans Dilled Carrots	17 Honey Glazed Ham Whole Kernel Corn Brussel Sprouts	18 Salisbury Beef w/ Gravy Baked Beans California Vegetables	19 Cranberry Chicken Lima Beans Whole Kernel Corn FATHER'S DAY
20 Meatloaf Tomato Gravy Whipped Potatoes Catalina Vegetables CLOSED	21 Turkey Brunswick Stew Parslied Rice Medley Cabbage	22 Breaded Chicken Patty Ranch Beans Hot Spiced Pineapple	23 Beef Chili & Beans Whole Kernel Corn Stewed Tomatoes	24 Lemon Pepper Chicken Whipped Potatoes California Vegetables	25 Swiss Steak Black-Eyed Peas Broccoli	26 Creamy Pesto Diced Chicken Sliced Carrots Green Peas
27 Salisbury Beef w/ Gravy Oven Roasted Potatoes Brussel Sprouts	28 Turkey & White Beans Cajun Rice Broccoli	29 Spinach Chicken Whipped Potatoes Spring Vegetables	30 Polish Pork Sausage Diced Beets Mixed Vegetables			*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
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June 2022 Menu-Chicken-Vegetarian

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
		1 Vegetarian Taco Pinto Beans Mexican Corn	2 Lemon Caper Chicken Whipped Potatoes Stewed Tomatoes	3 Red Beans Rice Green Peas Parslied Carrots	4 Baked Chicken w/ Gravy Roasted Sweet Potatoes Cauliflower	5 Cheese Enchiladas Pinto Beans Spinach
6 Spaghetti Torte Green Peas Medley Cabbage	7 Broccoli Cheese Bake Lima Beans Cauliflower	8 Turkey Chili w/ Beans Broccoli Dilled Carrots	9 Loaded Potato Casserole Green Beans Scalloped Tomatoes	10 Turkey Breast w/ Gravy Whipped Potatoes Capri Vegetables	11 BBQ Chicken Meatballs Ranch Beans Mixed Vegetables	12 Bean & Cheese Burrito Whole Kernel Corn Green Beans
13 Diced Coconut Chicken Over Herbed Rice Japanese Vegetables Hot Spiced Pineapple	14 Turkey & Dumplings Broccoli Squash/Zucchini/ Tomatoes	15 BBQ Gardenburger Delmonico Potatoes Green Beans	16 Chicken Enchilada Bake Black Beans Dilled Carrots	17 Broccoli Strata Whole Kernel Corn Brussel Sprouts	18 Veggie Sausage Patties Baked Beans California Vegetables	19 Cranberry Chicken Lima Beans Whole Kernel Corn FATHER'S DAY
20 Eggplant Parmesan Whipped Potatoes Catalina Vegetables CLOSED	21 Turkey Brunswick Stew Parslied Rice Medley Cabbage	22 Breaded Chicken Patty Ranch Beans Hot Spiced Pineapple	23 Bean Chili Whole Kernel Corn Stewed Tomatoes	24 Lemon Pepper Chicken Whipped Potatoes California Vegetables	25 Bean & Cheese Burrito Black-Eyed Peas Broccoli	26 Creamy Pesto Diced Chicken Sliced Carrots Green Peas
27 Broccoli Cheese Bake Oven Roasted Potatoes Brussel Sprouts	28 Turkey & White Beans Cajun Rice Broccoli	29 Spinach Chicken Whipped Potatoes Spring Vegetables	30 Vegetable Potato Stew Diced Beets Mixed Vegetables			*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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June 2022 Menu-Vegetarian

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
		1 Vegetarian Taco Pinto Beans Mexican Corn	2 Lemon Caper Veggie Meatballs Whipped Potatoes Stewed Tomatoes	3 Red Beans Rice Green Peas Parslied Carrots	4 Cheese Omelet Roasted Sweet Potatoes Cauliflower	5 Cheese Enchiladas Pinto Beans Spinach
6 Spaghetti Torte Green Peas Medley Cabbage	7 Broccoli Cheese Bake Lima Beans Cauliflower	8 White Bean Chili Broccoli Dilled Carrots	9 Cheesy Potato Soup Green Beans Scalloped Tomatoes	10 Garden Burger w/ Gravy Whipped Potatoes Capri Vegetables	11 BBQ Veggie Meatballs Ranch Beans Mixed Vegetables	12 Bean & Cheese Burrito Whole Kernel Corn Green Beans
13 Teriyaki Veggie Meatballs Over Herbed Rice Japanese Vegetables Hot Spiced Pineapple	14 Macaroni & Cheese Broccoli Squash/Zucchini/ Tomatoes	15 BBQ Garden Burger Delmonico Potatoes Green Beans	16 Bean Tamale Pie Black Beans Dilled Carrots	17 Broccoli Strata Whole Kernel Corn Brussel Sprouts	18 Veggie Sausage Patties Baked Beans California Vegetables	19 Cheese Enchiladas Lima Beans Whole Kernel Corn FATHER'S DAY
20 Eggplant Parmesan Whipped Potatoes Catalina Vegetables CLOSED	21 Lentil Stew Parslied Rice Medley Cabbage	22 Garden Burger Ranch Beans Hot Spiced Pineapple	23 Bean Chili Whole Kernel Corn Stewed Tomatoes	24 Falafel Balls Whipped Potatoes California Vegetables	25 Bean & Cheese Burrito Black-Eyed Peas Broccoli	26 Pesto Veggie Meatballs Sliced Carrots Green Peas
27 Broccoli Cheese Bake Oven Roasted Potatoes Brussel Sprouts	28 Bean Tamale Pie Cajun Rice Broccoli	29 Spinach Mushroom Quiche Whipped Potatoes Spring Vegetables	30 Vegetable Potato Stew Diced Beets Mixed Vegetables			*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.