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

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

June 2022 Menu-Chicken-Vegetarian

Julie 2022 Melia-Chicken-Vegetarian								
Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday		
		1	2	3	4	5		
JUNETEENTH		Vegetarian Taco Pinto Beans	Lemon Caper Chicken Whipped Potatoes	Red Beans Rice	Baked Chicken w/ Gravy Roasted Sweet	Cheese Enchiladas		
PAGE AND DAY		Mexican Corn	Stewed Tomatoes	Green Peas	Potatoes	Pinto Beans		
				Parslied Carrots	Cauliflower	Spinach		
6	7	8	9	10	11	12		
Spaghetti Torte	Broccoli Cheese Bake	Turkey Chili w/	Loaded Potato	Turkey Breast w/	BBQ Chicken	Bean & Cheese		
Green Peas	Lima Beans	Beans	Casserole	Gravy	Meatballs	Burrito		
Medley Cabbage	Cauliflower	Broccoli	Green Beans	Whipped Potatoes	Ranch Beans	Whole Kernel Corn		
, ,		Dilled Carrots	Scalloped Tomatoes	Capri Vegetables	Mixed Vegetables	Green Beans		
13	14	15	16	17	18	19		
Diced Coconut Chicken	Turkey & Dumplings	BBQ Gardenburger	Chicken Enchilada	Broccoli Strata	Veggie Sausage	Cranberry Chicken		
Over Herbed Rice	Broccoli	Delmonico Potatoes	Bake	Whole Kernel	Patties	Lima Beans		
Japanese Vegetables	Squash/Zucchini/	Green Beans	Black Beans	Corn	Baked Beans	Whole Kernel Corn		
Hot Spiced Pineapple	Tomatoes		Dilled Carrots	Brussel Sprouts	California Vegetables			
						FATHER'S DAY		
00								
20	21	22	23	24	25	26		
20 Eggplant Parmesan	21 Turkey Brunswick Stew	22 Breaded Chicken	23 Bean Chili	24 Lemon Pepper	25 Bean & Cheese	26 Creamy Pesto Diced		
Eggplant Parmesan Whipped Potatoes	Turkey Brunswick Stew Parslied Rice		Bean Chili Whole Kernel Corn					
Eggplant Parmesan	Turkey Brunswick Stew	Breaded Chicken Patty Ranch Beans	Bean Chili	Lemon Pepper Chicken Whipped Potatoes	Bean & Cheese Burrito	Creamy Pesto Diced Chicken Sliced Carrots		
Eggplant Parmesan Whipped Potatoes Catalina Vegetables	Turkey Brunswick Stew Parslied Rice	Breaded Chicken Patty Ranch Beans Hot Spiced	Bean Chili Whole Kernel Corn	Lemon Pepper Chicken Whipped Potatoes California	Bean & Cheese	Creamy Pesto Diced Chicken		
Eggplant Parmesan Whipped Potatoes	Turkey Brunswick Stew Parslied Rice	Breaded Chicken Patty Ranch Beans	Bean Chili Whole Kernel Corn	Lemon Pepper Chicken Whipped Potatoes	Bean & Cheese Burrito Black-Eyed Peas	Creamy Pesto Diced Chicken Sliced Carrots		
Eggplant Parmesan Whipped Potatoes Catalina Vegetables	Turkey Brunswick Stew Parslied Rice	Breaded Chicken Patty Ranch Beans Hot Spiced	Bean Chili Whole Kernel Corn	Lemon Pepper Chicken Whipped Potatoes California	Bean & Cheese Burrito Black-Eyed Peas	Creamy Pesto Diced Chicken Sliced Carrots Green Peas		
Eggplant Parmesan Whipped Potatoes Catalina Vegetables CLOSED	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	Bean & Cheese Burrito Black-Eyed Peas	Creamy Pesto Diced Chicken Sliced Carrots Green Peas		
Eggplant Parmesan Whipped Potatoes Catalina Vegetables CLOSED 27 Broccoli Cheese Bake	Turkey Brunswick Stew Parslied Rice Medley Cabbage 28 Turkey & White Beans	Breaded Chicken Patty Ranch Beans Hot Spiced Pineapple 29 Spinach Chicken	Bean Chili Whole Kernel Corn Stewed Tomatoes 30 Vegetable Potato	Lemon Pepper Chicken Whipped Potatoes California	Bean & Cheese Burrito Black-Eyed Peas	Creamy Pesto Diced Chicken Sliced Carrots Green Peas *Please note that substitutions may have to be made sometimes for specific items due to shortages,		
Eggplant Parmesan Whipped Potatoes Catalina Vegetables CLOSED 27 Broccoli Cheese Bake Oven Roasted Potatoes	Turkey Brunswick Stew Parslied Rice Medley Cabbage 28 Turkey & White Beans Cajun Rice	Breaded Chicken Patty Ranch Beans Hot Spiced Pineapple 29 Spinach Chicken Whipped Potatoes	Bean Chili Whole Kernel Corn Stewed Tomatoes 30 Vegetable Potato Stew	Lemon Pepper Chicken Whipped Potatoes California	Bean & Cheese Burrito Black-Eyed Peas	Creamy Pesto Diced Chicken Sliced Carrots Green Peas *Please note that substitutions may have to be made sometimes for specific items due to shortages, unavailability of the product		
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June 2022 Menu-Vegetarian

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		1	2	3	4	5
JUNETEENTH		Vegetarian Taco Pinto Beans Mexican Corn	Lemon Caper Veggie Meatballs Whipped Potatoes Stewed Tomatoes	Red Beans Rice Green Peas Parslied Carrots	Cheese Omelet Roasted Sweet Potatoes Cauliflower	Cheese Enchiladas Pinto Beans Spinach
6	7	8	9	10	11	12
Spaghetti Torte Green Peas Medley Cabbage	Broccoli Cheese Bake Lima Beans Cauliflower	White Bean Chili Broccoli Dilled Carrots	Cheesy Potato Soup Green Beans Scalloped Tomatoes	Garden Burger w/ Gravy Whipped Potatoes Capri Vegetables	BBQ Veggie Meatballs Ranch Beans Mixed Vegetables	Bean & Cheese Burrito Whole Kernel Corn Green Beans
13	14	15	16	17	18	19
Teriyaki Veggie Meatballs Over Herbed Rice Japanese Vegetables Hot Spiced Pineapple	Macaroni & Cheese Broccoli Squash/Zucchini/ Tomatoes	BBQ Garden Burger Delmonico Potatoes Green Beans	Bean Tamale Pie Black Beans Dilled Carrots	Broccoli Strata Whole Kernel Corn Brussel Sprouts	Veggie Sausage Patties Baked Beans California Vegetables	Cheese Enchiladas Lima Beans Whole Kernel Corn
20	21	22	23	24	25	26
Eggplant Parmesan Whipped Potatoes Catalina Vegetables	Lentil Stew Parslied Rice Medley Cabbage	Garden Burger Ranch Beans Hot Spiced Pineapple	Bean Chili Whole Kernel Corn Stewed Tomatoes	Falafel Balls Whipped Potatoes California Vegetables	Bean & Cheese Burrito Black-Eyed Peas Broccoli	Pesto Veggie Meatballs Sliced Carrots Green Peas
27	28	29	30			*Please note that substitutions may have to be
Broccoli Cheese Bake Oven Roasted Potatoes Brussel Sprouts	Bean Tamale Pie Cajun Rice Broccoli	Spinach Mushroom Quiche Whipped Potatoes Spring Vegetables	Vegetable Potato Stew Diced Beets Mixed Vegetables	HAPPY FATHER'S DAY		made sometimes for specific items due to shortages, unavailability of the product from the vendors, or for other reasons.