






Meals on Wheels of Metro Tulsa
 (918) 627-4103
2023 Menu-Regular

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
1 Meatloaf Whipped Potatoes Catalina Vegetables	2 Turkey Brunswick Stew Whole Kernel Corn Medley Cabbage	3 Lemon Pepper Chicken Rotini Alfredo Herbed Green Beans	4 Beef Chili w/ Beans Parslied Rice Glazed Carrots	5 Home style Pork Roast Whipped Sweet Potatoes Brussels Sprouts	6 Beef Meatballs with Gravy Lima Beans Diced Beets	7 Chicken Nuggets Tater Gems Mixed Vegetables
8 Turkey Tetrazzini Lemon Broccoli Squash/Zucchini/ Tomatoes	9 Mozzarella Chicken Pasta Florentine Green Beans	10 Pork Sausage & Red Beans Rice Parslied Carrots	11 Beef Tacos Pinto Beans Mexican Corn	12 Lemon Caper Chicken Parslied Potatoes Stewed Tomatoes	13 Swiss Steak Northern Beans Spinach	14 Baked Chicken w/ Gravy Roasted Sweet Potatoes Cauliflower
15 Beef Jardinine Dirty Brown Rice Parmesan Tomatoes	16 Turkey Pasta Bolognese Whole Kernel Corn Broccoli	17 Chicken Enchilada Bake Black Beans Dilled Carrots	18 Honey Glazed Ham Black-Eyed Peas Okra & Tomatoes	19 Meatloaf w/ Brown Gravy Whipped Potatoes Garden Vegetables	20 Dijon Chicken Chili Beans Cauliflower	21 Swedish Beef Meatballs Seasoned Cubed Potatoes Green Beans
22 Diced Coconut Chicken Over Brown Rice Japanese Vegetables Cauliflower	23 Three Way Beef Chili Whole Kernel Corn Country Tomatoes	24 BBQ Pork Rib Patty Ranch Beans Parslied Carrots	25 Confetti Chicken Oven Roasted Potatoes Green Beans	26 Turkey Pastrami Macaroni & Cheese Lemon Brussels Sprouts	27 Rosemary Beef Lentils Catalina Vegetables	28 Chicken Nuggets Lima Beans Diced Beets
29 Beef Spaghetti Casserole Green Beans w/ Onions Glazed Carrots CLOSED	30 Spinach Chicken Penne Pasta Spring Vegetables	31 Polish Pork Sausage Mixed Beans Diced Beets				
						*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
2023 Menu-Chicken-Vegetarian

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
1 Broccoli Strata Whipped Potatoes Catalina Vegetables	2 Turkey Brunswick Stew Whole Kernel Corn Medley Cabbage	3 Lemon Pepper Chicken Rotini Alfredo Herbed Green Beans	4 Bean Chili Parslied Rice Glazed Carrots	5 Broccoli Cheese Bake Whipped Sweet Potatoes Brussels Sprouts	6 Veggie Meatballs w/ Gravy Lima Beans Diced Beets	7 Chicken Nuggets Tater Gems Mixed Vegetables
8 Turkey Tetrizzini Lemon Broccoli Squash/Zucchini/ Tomatoes	9 Mozzarella Chicken Pasta Florentine Green Beans	10 Bean & Cheese Burrito Rice Parslied Carrots	11 Veggie Taco Meat Pinto Beans Mexican Corn	12 Lemon Caper Chicken Parslied Potatoes Stewed Tomatoes	13 Garlic Parmesan Couscous Northern Beans Spinach	14 Baked Chicken w/ Gravy Roasted Sweet Potatoes Cauliflower
15 Veggie Sausage Patties Dirty Brown Rice Parmesan Tomatoes	16 Turkey Pasta Bolognese Whole Kernel Corn Broccoli	17 Chicken Enchilada Bake Black Beans Dilled Carrots	18 Corn Chowder Black-Eyed Peas Okra & Tomatoes	19 White Bean Chili Whipped Potatoes Garden Vegetables	20 Dijon Chicken Chili Beans Cauliflower	21 Spinach & Mushroom Quiche Seasoned Cubed Potatoes Green Beans
22 Diced Coconut Chicken Brown Rice Japanese Vegetables Cauliflower	23 Bean Chili Whole Kernel Corn Country Tomatoes	24 BBQ Garden Burger Ranch Beans Parslied Carrots	25 Confetti Chicken Oven Roasted Potatoes Green Beans	26 Turkey Pastrami Macaroni & Cheese Lemon Brussels Sprouts	27 Broccoli Cheese Bake Lentils Catalina Vegetables	28 Chicken Nuggets Lima Beans Diced Beets
29 Spaghetti Torte Green Beans w/ Onions Glazed Carrots CLOSED	30 Spinach Chicken Penne Pasta Spring Vegetables	31 Corn Chowder Mixed Beans Diced Beets				
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Meals on Wheels of Metro Tulsa
 (918) 627-4103
2023 Menu-Vegetarian

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
1 Broccoli Strata Whipped Potatoes Catalina Vegetables	2 Red Beans and Rice Whole Kernel Corn Medley Cabbage	3 Lemony Chickpea Stir-Fry Rotini Alfredo Herbed Green Beans	4 Bean Chili Parslied Rice Glazed Carrots	5 Broccoli Cheese Bake Whipped Sweet Potatoes Brussels Sprouts	6 Veggie Meatballs w/ Gravy Lima Beans Diced Beets	7 Spinach Lasagna Tater Gems Mixed Vegetables
8 Three Cheese Ziti Lemon Broccoli Squash/Zucchini/Tomatoes	9 Broccoli Cheese Bake Pasta Florentine Green Beans	10 Bean & Cheese Burrito Rice Parslied Carrots	11 Veggie Taco Pinto Beans Mexican Corn	12 Bean Tamale Pie Parslied Potatoes Stewed Tomatoes	13 Garlic Parmesan Couscous Northern Beans Spinach	14 Broccoli Strata Roasted Sweet Potatoes Cauliflower
15 Veggie Sausage Patties Dirty Brown Rice Parmesan Tomatoes	16 Red Beans & Rice Whole Kernel Corn Broccoli	17 Cheese Omelet Black Beans Dilled Carrots	18 Corn Chowder Black-Eyed Peas Okra & Tomatoes	19 White Bean Chili Whipped Potatoes Garden Vegetables	20 Spaghetti Torte Chili Beans Cauliflower	21 Spinach & Mushroom Quiche Seasoned Cubed Potatoes Green Beans
22 Lemony Chickpea Stir-Fry Japanese Vegetables Cauliflower	23 Bean Chili Whole Kernel Corn Country Tomatoes	24 BBQ Garden Burger Ranch Beans Parslied Carrots	25 Veggie Sausage Patties Oven Roasted Potatoes Green Beans	26 Macaroni & Cheese Macaroni & Cheese Lemon Brussels Sprouts	27 Broccoli Cheese Bake Lentils Catalina Vegetables	28 Cheese Omelet Lima Beans Diced Beets
29 Spaghetti Torte Green Beans w/ Onions Glazed Carrots CLOSED	30 Spinach Veggie Meatballs Penne Pasta Spring Vegetables	31 Corn Chowder Mixed Beans Diced Beets				
						*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