

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

August 2024 Menu-Regular

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
			1 Cajun Meatloaf Whipped Potatoes Green Beans	2 Chicken Fajita Pinto Beans Mexican Brown Rice	3 Spaghetti Beef Meatballs Lentils Catalina Vegetable Blend	4 Alfredo Chicken Chili Beans Stewed Tomatoes
5 Lemon Pepper Chicken Almond Rice Medley Cabbage	6 Swiss Steak Lemon Herb Pasta Cauliflower	7 Turkey Chili with Beans Broccoli Dilled Carrots	8 Loaded Potato Casserole Kidney Beans Country Tomatoes	9 Turkey Macaroni and Cheese Country Vegetables Herbed Green Peas	10 BBQ Chicken Meatballs Ranch Beans Mixed Vegetables	11 Rosemary Beef Whole Kernel Corn Green Peas
12 Pork Carnitas* Spanish Rice Pinto Beans	13 Tarragon Chicken Parslied Penne Pasta Country Tomatoes	14 Creole Steak Brown Rice Diced Beets	15 Fish Nuggets Oven Roasted Potatoes Cabbage	16 Cheesy Beef Macaroni Broccoli Sliced Carrots	17 Baked Chicken with Gravy Black-Eyed Peas Green Beans	18  Cheese Omelet Black Beans Stewed Tomatoes
19 Meatloaf Tomato Gravy Whipped Potatoes Catalina Vegetable Blend	20 Turkey Brunswick Stew Whole Kernel Corn Medley Cabbage	21 Creamy Caper Chicken Rotini Alfredo Herbed Green Beans	22 Beef Chili with Beans Parslied Rice Glazed Carrots	23 Homestyle Pork Roast* Black-Eyed Peas Brussels Sprouts	24 Beef Meatballs with Gravy Lima Beans Diced Beets	25 French Onion Chicken Tater Gems Mixed Vegetable Blend
26 Turkey Tetrizzini Broccoli Squash/Zucchini/Toma toes	27 Mozzarella Chicken Pasta Florentine Green Beans	28 Pork Sausage and Red Beans* Rice Parslied Carrots	29 Beef Taco Pinto Beans Mexican Corn	30 Lemon Caper Chicken Parslied Potatoes Stewed Tomatoes	31 Swiss Steak Northern Beans Spinach	
						*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 2024 Menu- Vegetarian

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
			1 Cajun Veggie Meatballs Whipped Potatoes Green Beans	2 Veggie Taco Pinto Beans Mexican Brown Rice	3 Spinach Macaroni & Cheese Lentils Catalina Vegetable Blend	4 Cheese Enchiladas Chili Beans Stewed Tomatoes
5 Lemony Chickpea Stir Fry Almond Rice Medley Cabbage	6 Broccoli Cheese Bake Lemon Herb Pasta Cauliflower	7 White Bean Chili Broccoli Dilled Carrots	8 Broccoli Strata Kidney Beans Country Tomatoes	9 Macaroni and Cheese Country Vegetables Herbed Green Peas	10 BBQ Veggie Meatballs Ranch Beans Mixed Vegetables	11 Lentil Stew Whole Kernel Corn Green Peas
12 Veggie Taco Spanish Rice Pinto Beans	13 Eggplant Parmesan Parslied Penne Pasta Country Tomatoes	14 Six Bean Stew Brown Rice Diced Beets	15 Mixed Bean Chili Oven Roasted Potatoes Cabbage	16 Italian Shells and Cheese Broccoli Sliced Carrots	17 Veggie Meatballs with Gravy Black-Eyed Peas Green Beans	18 Cheese Omelet Black Beans Stewed Tomatoes
19 Broccoli Strata Whipped Potatoes Catalina Vegetable Blend	20 Red Beans and Rice Whole Kernel Corn Medley Cabbage	21 Marinara Veggie Meatballs Rotini Alfredo Herbed Green Beans	22 Vegetarian Chili Parslied Rice Glazed Carrots	23 Corn Chowder Black-Eyed Peas Brussels Sprouts	24 Spaghetti Torte Lima Beans Diced Beets	25 Veggie Sausages Tater Gems Mixed Vegetable Blend
26 Spinach Macaroni and Cheese Broccoli Squash/Zucchini/Tomatoes	27 Alfredo Veggie Meatballs Pasta Florentine Green Beans	28 Lemony Chickpea Stir Fry Rice Parslied Carrots	29 Veggie Taco Pinto Beans Mexican Corn	30 Six Bean Stew Parslied Potatoes Stewed Tomatoes	31 Cheese Omelet Northern Beans Spinach	
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August 2024 Menu-Chicken-Vegetarian

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
			1 ✓ Cajun Veggie Meatballs Whipped Potatoes Green Beans	2 Chicken Fajita Pinto Beans Mexican Brown Rice	3 ✓ Spinach Macaroni & Cheese Lentils Catalina Vegetable Blend	4 Alfredo Chicken Chili Beans Stewed Tomatoes
5 Lemon Pepper Chicken Almond Rice Medley Cabbage	6 ✓ Broccoli Cheese Bake Lemon Herb Pasta Cauliflower	7 Turkey Chili with Beans Broccoli Dilled Carrots	8 Loaded Potato Casserole Kidney Beans Country Tomatoes	9 Turkey Macaroni and Cheese Country Vegetables Herbed Green Peas	10 BBQ Chicken Meatballs Ranch Beans Mixed Vegetables	11 ✓ Lentil Stew Whole Kernel Corn Green Peas
12 ✓ Veggie Taco Spanish Rice Pinto Beans	13 Tarragon Chicken Parslied Penne Pasta Country Tomatoes	14 ✓ Six Bean Stew Brown Rice Diced Beets	15 ✓ Mixed Bean Chili Oven Roasted Potatoes Cabbage	16 ✓ Italian Shells and Cheese Broccoli Sliced Carrots	17 Baked Chicken with Gravy Black-Eyed Peas Green Beans	18 ✓ Cheese Omelet Black Beans Stewed Tomatoes
19 ✓ Broccoli Strata Whipped Potatoes Catalina Vegetable Blend	20 Turkey Brunswick Stew Whole Kernel Corn Medley Cabbage	21 Creamy Caper Chicken Rotini Alfredo Herbed Green Beans	22 ✓ Vegetarian Chili Parslied Rice Glazed Carrots	23 ✓ Corn Chowder Black-Eyed Peas Brussels Sprouts	24 ✓ Spaghetti Torte Lima Beans Diced Beets	25 French Onion Chicken Tater Gems Mixed Vegetable Blend
26 Turkey Tetrizzini Broccoli Squash/Zucchini/Toma toes	27 Mozzarella Chicken Pasta Florentine Green Beans	28 ✓ Lemony Chickpea Stir Fry Rice Parslied Carrots	29 ✓ Veggie Taco Pinto Beans Mexican Corn	30 Lemon Caper Chicken Parslied Potatoes Stewed Tomatoes	31 ✓ Cheese Omelet Northern Beans Spinach	
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