







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

May 2024 Menu-Regular

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


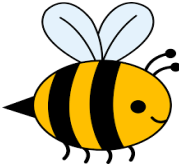

Meals on Wheels of Metro Tulsa
(918) 627-4103

May 2024 Menu- Vegetarian

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
		1 Marinara Veggie Meatballs Rotini Alfredo Herbed Green Beans	2 Vegetarian Chili Parslied Rice Glazed Carrots	3 Corn Chowder Black-Eyed Peas Brussels Sprouts	4 Spaghetti Torte Lima Beans Diced Beets	5 Veggie Sausages Tater Gems Mixed Vegetable Blend
6 Spinach Macaroni and Cheese Broccoli Squash/Zucchini/Toma toes	7 Alfredo Veggie Meatballs Pasta Florentine Green Beans	8 Lemony Chickpea Stir Fry Rice Parslied Carrots	9 Veggie Taco Pinto Beans Mexican Corn	10 Six Bean Stew Parslied Potatoes Stewed Tomatoes	11 Cheese Omelet Northern Beans Spinach	12 Macaroni and Cheese Green Peas Cauliflower
13 White Bean Chili Dirty Rice Parmesan Tomatoes	14 Spaghetti Torte Whole Kernel Corn Broccoli	15 Bean Tamale Pie Black Beans Dilled Carrots	16 Veggie Sausages Black-Eyed Peas Okra and Tomatoes	17 Broccoli Cheese Bake Whipped Potatoes Garden Vegetable Blend	18 Italian Shells and Cheese Chili Beans Cauliflower	19 Lentil Stew Seasoned Cubed Potatoes Green Beans
20 Sweet & Sour Veggie Meatballs Over Brown Rice Japanese Vegetable Blend Cauliflower	21 Mixed Bean Chili Whole Kernel Corn Country Tomatoes	22 Cheese Enchiladas Ranch Beans Parslied Carrots	23 Cheese Omelet Oven Roasted Potatoes Green Beans	24 Macaroni and Cheese Lemon Brussels Sprouts Stewed Tomatoes	25 Three Cheese Ziti Catalina Vegetable Blend	26 Broccoli Cheese Bake Lima Beans Diced Beets
27 Spaghetti Torte Green Beans with Onions Glazed Carrots	28 Eggplant Parmesan Penne Pasta Spring Vegetable Blend	29 Veggie Sausages Mixed Beans Diced Beets	30 Cheese Omelet Garlic Whipped Potatoes Brussels Sprouts	31 Six Bean Stew Cajun Rice Broccoli		
						*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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May 2024 Menu-Chicken-Vegetarian

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
		1 Creamy Caper Chicken Rotini Alfredo Herbed Green Beans	2 Vegetarian Chili Parslied Rice Glazed Carrots	3 Corn Chowder Black-Eyed Peas Brussels Sprouts	4 Spaghetti Torte Lima Beans Diced Beets	5 French Onion Chicken Tater Gems Mixed Vegetable Blend
6 Turkey Tetrazzini Broccoli Squash/Zucchini/Toma toes	7 Mozzarella Chicken Pasta Florentine Green Beans	8 Lemony Chickpea Stir Fry Rice Parslied Carrots	9 Veggie Taco Pinto Beans Mexican Corn	10 Lemon Caper Chicken Parslied Potatoes Stewed Tomatoes	11 Cheese Omelet Northern Beans Spinach	12 Baked Chicken with Gravy Green Peas Cauliflower
13 White Bean Chili Dirty Rice Parmesan Tomatoes	14 Turkey Pasta Bolognese Whole Kernel Corn Broccoli	15 Chicken Enchilada Bake Black Beans Dilled Carrots	16 Veggie Sausages Black-Eyed Peas Okra and Tomatoes	17 Broccoli Cheese Bake Whipped Potatoes Garden Vegetable Blend	18 Dijon Chicken Chili Beans Cauliflower	19 Lentil Stew Seasoned Cubed Potatoes Green Beans
20 Diced Coconut Chicken Over Brown Rice Japanese Vegetable Blend Cauliflower	21 Mixed Bean Chili Whole Kernel Corn Country Tomatoes	22 Cheese Enchiladas Ranch Beans Parslied Carrots	23 Confetti Chicken Oven Roasted Potatoes Green Beans	24 Turkey Pastrami Macaroni and Cheese Lemon Brussels Sprouts	25 Three Cheese Ziti Catalina Vegetable Blend	26 Tarragon Chicken Lima Beans Diced Beets
27 Spaghetti Torte Green Beans with Onions Glazed Carrots	28 Spinach Chicken Penne Pasta Spring Vegetable Blend	29 Veggie Sausages Mixed Beans Diced Beets	30 Cheese Omelet Garlic Whipped Potatoes Brussels Sprouts	31 Turkey and White Beans Cajun Rice Broccoli		
						*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