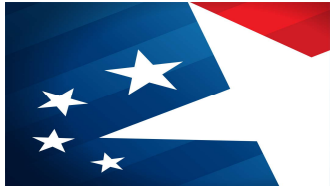


Meals on Wheels of Metro Tulsa
(918) 627-4103

July 2025 Menu-Regular

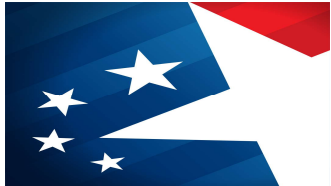
****MENU SUBJECT TO CHANGE****

Monday	Tuesday	Wednesday	Thursday	Friday
	1 Turkey Pasta Bolognese Whole Kernel Corn Broccoli	2 Chicken Enchilada Black Beans Dilled Carrots	3 Vegetable Frittata Hashbrowns Spinach	4 Meatloaf/Brown Gravy Whipped Potatoes Garden Vegetables CLOSED
7 Turkey Tetrazzini Broccoli Squash/Zucchini/Tomatoes	8 Mozzarella Chicken Pasta Florentine Green Beans	9 Turkey Sausage Patties (2) French Toast Sticks Oven Roasted Potatoes	10 Beef Taco Pinto Beans Mexican Corn	11 Lemon Caper Chicken Parslied Potatoes Stewed Tomatoes
14 Creole Beef Whipped Potatoes Catalina Vegetables	15 Turkey Brunswick Stew Whole Kernel Corn Medley Cabbage	16 Creamy Caper Chicken Rotini Alfredo Herbed Green Beans	17 Beef Chili with Beans Parslied Rice Glazed Carrots	18 Loaded Potato Casserole Creole Tomatoes Spinach
21 Tarragon Chicken Almond Brown Rice Medley Cabbage	22 Swiss Steak Lemon Herb Pasta Cauliflower	23 Turkey Chili with Beans Broccoli Dilled Carrots	24 Eggless Breakfast Scramble Black Beans Hot Spiced Pineapple	25 Turkey Macaroni & Cheese Country Vegetables Herbed Green Peas
28 Coconut Chicken/ Brown Rice Japanese Vegetables Cauliflower	29 Breakfast Casserole Black Beans Spinach	30 Chicken Fajita Pinto Beans Mexican Brown Rice	31 Confetti Chicken Oven Roasted Potatoes Green Beans	*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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July 2025 Menu-Vegetarian

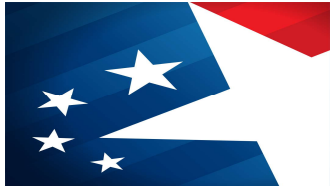
****MENU SUBJECT TO CHANGE****

Monday	Tuesday	Wednesday	Thursday	Friday
	1 Spinach Macaroni & Cheese Whole Kernel Corn Broccoli	2 Cheese Enchilada Black Beans Dilled Carrots	3 Vegetable Frittata Hashbrowns Spinach	4 Veggie Sausages Whipped Potatoes Garden Vegetables CLOSED
7 Spaghetti Torte Broccoli Squash/Zucchini/Tomatoes	8 Veggie Meatballs W/ Gravy Pasta Florentine Green Beans	9 Broccoli Cheese Bake French Toast Sticks Oven Roasted Potatoes	10 Veggie Taco Pinto Beans Mexican Corn	11 Barley Chili Parslied Potatoes Stewed Tomatoes
14 Veggie Sausage Whipped Potatoes Catalina Vegetables	15 Lentil Stew Whole Kernel Corn Medley Cabbage	16 Egg Plant Parmesan Rotini Alfredo Herbed Green Beans	17 Mixed Beans Chili Parslied Rice Glazed Carrots	18 Tator Tot Casserole Creole Tomatoes Spinach
21 Sesame Veggie Meatballs Almond Brown Rice Medley Cabbage	22 Lentil Bolognese Lemon Herb Pasta Cauliflower	23 White Bean Chili Broccoli Dilled Carrots	24 Spinach Mushroom Crustless Quiche Black Beans Hot Spiced Pineapple	25 Macaroni & Cheese Country Vegetables Herbed Green Peas
28 Lemony Chickpea Stir-Fry Japanese Vegetables Cauliflower	29 Cheese Omelet Black Beans Spinach	30 Veggie Taco Pinto Beans Mexican Brown Rice	31 Alfredo Veggie Meatballs Oven Roasted Potatoes Green Beans	*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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July 2025 Menu-Chicken/Veg

****MENU SUBJECT TO CHANGE****

Monday	Tuesday	Wednesday	Thursday	Friday
	1 Turkey Pasta Bolognese Whole Kernel Corn Broccoli	2 Chicken Enchilada Black Beans Dilled Carrots	3 Vegetable Frittata Hashbrowns Spinach	4 Veggie Sausages Whipped Potatoes Garden Vegetables CLOSED
7 Turkey Tetrazzini Broccoli Squash/Zucchini/Tomatoes	8 Mozzarella Chicken Pasta Florentine Green Beans	9 Turkey Sausage Patties (2) French Toast Sticks Oven Roasted Potatoes	10 Veggie Taco Pinto Beans Mexican Corn	11 Lemon Caper Chicken Parslied Potatoes Stewed Tomatoes
14 Veggie Sausage Whipped Potatoes Catalina Vegetables	15 Turkey Brunswick Stew Whole Kernel Corn Medley Cabbage	16 Creamy Caper Chicken Rotini Alfredo Herbed Green Beans	17 Mixed Beans Chili Parslied Rice Glazed Carrots	18 Loaded Potato Casserole Creole Tomatoes Spinach
21 Tarragon Chicken Almond Brown Rice Medley Cabbage	22 Lentil Bolognese Lemon Herb Pasta Cauliflower	23 Turkey Chili with Beans Broccoli Dilled Carrots	24 Spinach Mushroom Crustless Quiche Black Beans Hot Spiced Pineapple	25 Turkey Macaroni & Cheese Country Vegetables Herbed Green Peas
28 Coconut Chicken/ Brown Rice Japanese Vegetables Cauliflower	29 Cheese Omelet Black Beans Spinach	30 Chicken Fajita Pinto Beans Mexican Brown Rice	31 Confetti Chicken Oven Roasted Potatoes Green Beans	*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