

**DUNKIRK-FREDONIA MEALS ON WHEELS • 196 Newton Street, Suite 5 • Fredonia, NY • 366-8822**

**AUGUST 2020 - HOT NOON HEATABLE MEAL MENU**

1/2 pint 1% Milk served with each meal / Meals subject to change

Monday	Tuesday	Wednesday	Thursday	Friday
<p>3 Pizza Spinach Fruit Crisp Margarine</p>	<p>4 Fajita Style Chicken W/Peppers &amp; Onions Vegetarian Spanish Rice Seasoned Black Beans Soft Tortilla Muffin ~OR~ Loaf</p>	<p>5 Hamburger with Wheat Bun Calico Beans Broccoli Lorna Doones Ketchup &amp; Mustard</p>	<p>6 Chicken Cordon Blue with Gravy Mashed Potatoes Beets Pears Wheat Bread &amp; Margarine</p>	<p>7 Mild Italian Sausage W/Peppers &amp; Onions Corn Wheat Hot Dog Roll Apple Slices Mustard</p>
<p>10 Hawaiian Chicken W/Pineapple Slice Brown Rice Oriental Vegetables Mandarin Oranges Wheat Bread &amp; Margarine</p>	<p>11 Turkey Pot Roast W/Gravy Mashed Potatoes Carrots Fresh Fruit Wheat Bread &amp; Margarine</p>	<p>12 Chicken Drumsticks Broccoli Texas Caviar Tapioca Pudding Cornbread &amp; Margarine</p>	<p>13 Wheat Spaghetti &amp; Meatballs Italian Vegetables Tossed Salad &amp; Dressing Peaches Parmesan Cheese</p>	<p>14 Southwest Style Smothered Chicken W/Black Beans &amp; Corn Vegetarian Spanish Rice Summer Squash Medley Fruit Cocktail Cornbread &amp; Margarine</p>
<p>17 Sloppy Joe Wheat Bun California Blend Vegetables Applesauce</p>	<p>18 Lemon Chicken Creamy Mushroom Barley Tomato &amp; Zucchini Seasonal Fruit Rye Bread &amp; Margarine</p>	<p>19 Chicken Chop Suey Brown Rice Oriental Vegetables Mandarin Oranges Wheat Bread &amp; Margarine</p>	<p>20 Meatloaf W/Gravy Mashed Potatoes Mixed Vegetables Chocolate Pudding Wheat Bread &amp; Margarine</p>	<p>21 Turkey Divan Brown Rice Carrot &amp; Raisin Salad Lorna Doone Biscuit &amp; Margarine</p>
<p>24 Smothered Chicken Florentine Mashed Potatoes Broccoli Small Brownie Wheat Bread &amp; Margarine</p>	<p>25 Ham Slice Scalloped Potatoes Peas Cookie Wheat Bread &amp; Margarine</p>	<p>26 Burrito Green Beans Peaches Cornbread &amp; Margarine</p>	<p>27 Hot Dog W/ Wheat Hot Dog Roll Baked Beans Carrots Cookie Ketchup &amp; Mustard</p>	<p>28 Souper Chicken Mashed Potatoes Mixed Vegetables Chocolate Pudding Wheat Bread &amp; Margarine</p>
<p>31 Vegetable Lasagna Green beans Tossed Salad Garlic Roll Fresh Fruit Margarine &amp; Dressing</p>	<p>Goodbye July...    ALOHA August!</p>			