

Meals on Wheels Etc. Congregate – Bram Towers, Sanford, Longwood, E. Altamonte, Casselberry, Alz Easter Seals, CCE.

August 2025

Allison Goodman RD, LD

Date: 6/20/25 Allison Goodman RD, LD License #ND 7006

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<u>WEEK ONE</u>					1 Hamburger on whole wheat bun w/mustard, mayo, ketchup Baked potato w green onion, cheddar cheese Green beans Tropical fruit Milk
<u>WEEK TWO</u>	4 Veg chili Greens Mashed potatoes Pear Cornbread Milk	5 Chicken noodle veg soup Roasted potatoes Naan Craisins Milk	6 Stuffed peppers Macaroni and cheese Mixed veggies Cherry lemon cup WW roll Milk	7 Chef salad Potato salad Pear Garlic sticks Milk	8 Fish w chimichurri sauce Polenta Broccoli Orange Biscuit Milk
<u>WEEK THREE</u>	11 Meatball and eggplant tagine Rice Tossed salad w dressing Pineapple Milk	12 Veg quiche Potato w peppers and onions Sauteed kale French toast w syrup Orange Milk	13 Chicken burger w lettuce/tom Home fries Mixed veggies WW bun Mandarin oranges Ketchup/mayo/must Milk	14 Turkey and cheese sandwich on 2 WW bread slices Slaw salad Lentil soup Strawberry kiwi cup Milk	15 Chicken picatta Mashed potatoes Spinach Applesauce Garlic sticks Milk
<u>WEEK FOUR</u>	18 Salisbury steak Mashed potatoes w green onion, cheddar, bacon Green beans WW bread Raisins Milk	19 Ravioli w meat sauce Okra/tomato Corn Biscuit Lemon raspberry cup Milk	20 BBQ chicken Mac and cheese Greens Cornbread Fruit cocktail Milk	21 Chicken salad Carrot cumin soup Coleslaw WW bread (2) Craisins Milk	22 Veg lasagna Tossed salad w dressing Corn Garlic sticks Mandarin oranges Milk
<u>WEEK FIVE</u>	25 Hot dog on WW bun Baked beans Green beans Tropical fruit Ketchup/must/relish Milk	26 Taco (beef) with cheese and salsa, lettuce, tomato Brown rice / beans Mixed veggies Whole wheat tortilla Orange Milk	27 Chicken tenders Penne marinara Spinach Biscuit Pineapple Milk	28 Tuna salad sandwich Snap pea salad Tomato basil soup Peaches (2) WW bread Milk	29 Jambalaya Green beans Peas and carrots WW bread Birthday dessert Milk