

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

June 2025

Allison Goodman RD, LD

**Date:** 5/3/25 Allison Goodman RD, LD License #ND 7006

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<b><u>WEEK ONE</u></b>	<b>2</b> Jambalaya Green beans Peas and carrots WW bread Mandarin oranges Milk	<b>3</b> Taco (beef) with cheese and salsa, lettuce, tomato Brown rice / beans Mixed veggies Whole wheat tortilla Orange Milk	<b>4</b> Chicken picatta Mashed potatoes Spinach Applesauce Garlic sticks Milk	<b>5</b> Tuna salad sandwich Snap pea salad Tomato basil soup Pineapple (2) WW bread Milk	<b>6</b> Veg chili Greens Mashed potatoes Pear Cornbread Milk
<b><u>WEEK TWO</u></b>	<b>9</b> Meatball and eggplant tagine Rice Tossed salad w dressing Pineapple Milk	<b>10</b> Chicken noodle veg soup Roasted potatoes Naan Craisins Milk	<b>11</b> Stuffed peppers Macaroni and cheese Mixed veggies Cherry lemon cup WW roll Milk	<b>12</b> Chef salad Potato salad Pear Garlic sticks Milk	<b>13</b> Fish w chimichurri sauce Polenta Broccoli Orange Biscuit Milk
<b><u>WEEK THREE</u></b>	<b>16</b> Hamburger on ww bun Baked potato (green onion, cheddar cheese) Lettuce, tomato, ketchup, mayo, must Green beans Tropical fruit Milk	<b>17</b> Veg quiche Potato w peppers and onions Sauteed kale French toast w syrup Orange Milk	<b>18</b> Chicken burger w lettuce/tom Home fries Mixed veggies WW bun Mandarin oranges Ketchup/mayo/must Milk	<b>19</b> Turkey and cheese sandwich on 2 WW bread slices Slaw salad Lentil soup Strawberry kiwi cup Milk	<b>20</b> Tortellini w turkey sausage and red pepper sauce Tossed salad w dressing Diced carrots WW roll Orange Milk
<b><u>WEEK FOUR</u></b>	<b>23</b> Salisbury steak Mashed potatoes w green onion, cheddar, bacon Green beans WW bread Raisins Milk	<b>24</b> Pierogies w meat sauce Okra/tomato Corn Biscuit Lemon raspberry cup Milk	<b>25</b> BBQ chicken Mac and cheese Greens Cornbread Applesauce Milk	<b>26</b> Chicken salad Carrot cumin soup Coleslaw WW bread (2) Craisins Milk	<b>27</b> Veg lasagna Tossed salad w dressing Corn Garlic sticks Birthday dessert Milk Free day
<b><u>WEEK FIVE</u></b>	<b>30</b> Hot dog on WW bun Baked beans Green beans Tropical fruit Ketchup/must/relish Milk				