ALL MEALS ARE SERVED WITH 2% MILK

Meals on Wheels Wake County

July 2026 Menu

CALL 919-833-1749 TO CANCEL

Monday	Tuesday	Wednesday	Thursday	Friday
		7/1	7/2	7/3
REMINDER IF YOU WILL NOT BE HOME **CALL THE DAY BEFORE BY 12PM** TO CANCEL YOUR MEAL DELIVERY		Beef & Broccoli, Brown Rice, Cabbage & Peppers, Fresh Fruit, Apple Juice, Wheat Bread *CONTAINS BEEF*	Chicken Alfredo, Peas & Pears Onions, Dill Carrot Coins, Orange, Wheat Roll	**Closed for 4th of July Holiday**
7/6	7/7	7/8	7/19	7/10
Beef Stroganoff, Broccoli, Glazed Carrots, Sourdough Bread, Apple *CONTAINS BEEF*	Chicken Breast w/Southwest Sauce, Yellow Squash, Blackeye Peas, Pudding, Fresh Fruit, Wheat Roll	Spaghetti w/Meat, Italian Vegetables, Apple Cobbler, Orange, Cranberry Juice, Italian Bread *CONTAINS BEEF*	Rotisserie Chicken, Broccoli w/Cheese Sauce, Mashed Potatoes, Banana, Sourdough Bread	BBQ Riblet Pork w/ Hamburger Bun, Mac & Cheese, Mustard Greens, Fresh Fruit, Grape Juice *CONTAINS PORK*
7/13	7/14	7/15	7/16	7/17
Chicken Parmesan, Capri Vegetables, Rice Pilaf, Fresh Fruit, Orange Juice, Wheat Roll	Meat Loaf, Spinach Au Gratin, Sweet Potatoes, Banana, Wheat Bread, Apple Juice *CONTAINS BEEF*	Chicken Breast, Orange Glaze, CA Blend Vegetables, Navy Beans, Fresh Fruit, Sourdough Bread	Hamburger w/Bun, Brussels Sprouts, Yams & Pineapple, Fresh Fruit, Ketchup & Mustard Packet *CONTAINS BEEF*	Baked Chicken, Squash Casserole, Broccoli & Carrots, Banana, Sourdough Bread
7/20	7/21	7/22	7/23	7/24
Beef Ravioli, Zucchini Medley, Peach Crisp, Orange, Wheat Bread *CONTAINS BEEF*	Chicken Pot Pie, Dill Carrot Coins, Field Peas, Fresh Fruit, Sourdough Bread	Peppered Swiss Steak, Sweet Potatoes, Spinach, Banana, Grape Juice, Wheat Roll *CONTAINS BEEF*	BBQ Pork w/Bun, Green Beans w/Red Potatoes, Sour Cream, Coleslaw, Fresh Fruit *CONTAINS PORK*	Chicken Cacciatore, Rice, Chopped Broccoli, Italian Bread, Banana
7/27	7/28	7/29	7/30	7/31
Brunswick Chicken Stew, Glazed Carrots, Rice, Wheat Roll Apple, Butterscotch Pudding	Chicken Curry, Au Gratin Potatoes, Spinach, Pita Bread, Apple, Orange Juice	Beef & Broccoli, Brown Rice, Cabbage & Peppers, Wheat Bread, Fresh Fruit, Apple Juice *CONTAINS BEEF*	Chicken Alfredo, Peas & Pears Onions, Dill Carrot Coins, Orange, Wheat Roll	Smoked Sausage w/Bun, Sauerkraut, Turnip Greens, Corn O'Brien, Banana *CONTAINS BEEF*