



# MAY 2021

**Suggested Donation is \$4.00 Per Meal.**

*If you will not be home to receive your meal, please call 888-5011 to cancel by 9am.*  
Vegetarian Options Available - 2% milk is offered with each meal - **Menu Subject to Change**



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<b>3</b> Baked Cod w/ Lemon Parsley Couscous, Diced Carrots, Italian Blend Veggies, Whole Grain Bread, Pineapple Chunks	<b>4</b> Chicken & Biscuit (peas, carrots, gravy, whole grain biscuit), Winter Squash, Mixed Berry Crisp	<b>5</b> Salisbury Steak & Gravy, Roasted Sweet Potato, California blend, Corn Bread Muffin, Fresh Plum	<b>6</b> Italian Stewed Pork (tomato, peppers, garlic) over Whole Grain Pasta, Five Way Veggies, Corn, Tropical Fruit Salad	<b>7</b> Tuna Salad w/ Mixed Greens, WG Dinner Roll, Coleslaw, Mandarin Oranges, Happy Birthday Carrot Cake <b>*higher sodium meal</b>
<b>10</b> Baked Chicken Patty with Broccoli Rice Au Gratin, Seasoned Black Beans, Capri Blend Veggies, Sliced Pears	<b>11</b> Stuffed Shells with Meat Sauce made with Local VT Beef, Seasoned Spinach, Oatmeal Topped Peach Crisp	<b>12</b> Roast Turkey and Mashed Potato with Gravy, Cranberry Stuffing, Peas & Carrots, Fresh Nectarine <b>*higher sodium meal</b>	<b>13</b> Crustless Spinach Quiche, Roasted Sweet & White Potatoes, Stewed Tomatoes, Cottage Cheese, Blueberry Muffin	<b>14</b> Chicken Salad over Mixed Greens with Whole Grain Dinner Roll, Cherry Tomatoes, Pickled Beets, Gingersnap Cookie
<b>17</b> Sweet & Sour Meatballs over Whole Grain Rice, Capri Veggies, Seasoned Broccoli, V8 Juice	<b>18</b> Chicken Fajita on Whole Grain Tortilla (chicken w/ sauté onions & peppers), California Blend Vegetable, Spiced Pineapple	<b>19</b> Baked Ham with Mashed Potatoes, Braised Cabbage, Steamed Rutabaga, VT Maple Oatmeal Muffin <b>*higher sodium meal</b>	<b>20</b> Whole Grain Spaghetti with Meat Sauce, Roasted Brussel Sprouts, Diced Carrots, Garlic bread, Cantaloupe	<b>21</b> Greek Yogurt parfait with Blueberries & Homemade Granola, Cucumber Slices, Carrot Salad, Cinnamon Oatmeal Round
<b>24</b> Low Sodium Hotdog on Whole Grain Roll, Baked Beans, Seasoned Zucchini, Raisins	<b>25</b> Chicken Stir Fry Over Whole Grain Rice, Five Way Blend Veggie, Oatmeal Topped Pineapple Crisp	<b>26</b> Sloppy Joe over Whole Grain Biscuit w/ Local VT Beef, Roasted Cauliflower & Broccoli, Corn, Sliced Peaches	<b>27</b> Harvest Mac & Cheese, Tuscan Blend Veggies, Seasoned Spinach, Mandarin Oranges	<b>28</b> Pasta Salad w/ Garden Vegetables, Hardboiled Egg, Three Bean Salad, Chocolate Chip Cookie, Banana
<b>31 CLOSED</b> Please call to let us know if you would like a frozen meal for this day, 888-5011	<b>To avoid a foodborne illness delivery driver have been asked not to leave meals in coolers or hanging on doorknobs. All meals must be given to someone at your home or placed in a refrigerator or freezer. It is also important we do a well-check in so seeing you is important. If you have an appointment, you are welcome to pick your meal up at the center. We can bring them to your car if that is helpful. Thank you!</b>			

## Take Out Meals

\$5.00 if you are 60 or older  
\$7.00 under 60

Place your takeout order on the day before at 802-888-5011

Pick-up at Meals on Wheels  
21 Munson Avenue, Morrisville  
between 11 AM – 12 Noon