

# June 2021 Menu

Frozen meals will not match the menu.

(Substitutions may be necessary without advanced notice.)

Contact:  
(208) 321-0031

[www.MetroMealsonWheels.net](http://www.MetroMealsonWheels.net)

Mon	Tue	Wed	Thu	Fri
	1	2 Swedish Meatballs with Brown Rice Green Beans Cauliflower V-8 Juice Wheat Bread / Milk	3	4 Chicken Strips Baked Beans Peas Orange Juice Wheat Roll Milk
7 <del>Herb Salmon Rice Pilaf Broccoli Coleslaw Wheat Roll Milk</del>	8 <i>Closed for Freezer</i>	9 <del>Tuna Salad Sandwich 3 Bean Salad Tropical Fruit Wheat Bread Milk</del>	10 <del>Congregate lunch</del>	11 <del>Mushroom Swiss Chicken Pasta Venetian Veggies Green Salad Wheat Bread Milk</del>
14 Salisbury Steak Mashed Potatoes / Gravy Beets Pineapple Wheat Roll Milk	15	16 Teriyaki Chicken Brown Rice Oriental Veggies Mandarin Oranges Wheat Roll Milk	17	18 Polish Sausage & Sauerkraut Baked Beans Carrots Juice Wheat Bun / Milk
21 Chicken & Pesto Alfredo Sauce Carrots Peas Juice Wheat Roll / Milk	22	23 Hamburger Sliders Loaded Mashed Potatoes Cascade Veggies Mini Buns Milk	24	25 BBQ Pork Ranch Beans Normandy Veggies Wheat Bun Milk
28 French Dip Sandwich Garlic Red Potatoes Carrots Hoagie Roll Milk	29	30 <b>Orange Chicken Wrap</b>  White Bean Salad Peaches Tortilla Milk		