

IMPACT SERVICES / MEALS ON WHEELS MENU / Phone: 763-236-8718

May 22 - June 2, 2023

(Menu is subject to change.)

1.) Fill in your name/address at the bottom.

2.) Please circle the meal of your choice on the days you receive meals.

Week 3		MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
5/22-5/26		5/22/23	5/23/23	5/24/23	5/25/23	5/26/23
	OPTION 1	Macaroni with Tomato and Alfredo Sauce	Tuscan Herb Cod with Rice	Sweet and Sour Meatballs with Brown Rice	Pulled Turkey with Gravy	Fish Sandwich with Tater Tots
	OPTION 2	Chicken with Gravy	Pulled Turkey with Gravy	Roast Beef with Gravy	Chicken with Gravy with Mashed Potatoes	Pulled Turkey with Gravy
	OPTION 3	Fruit Plate with Cottage Cheese	Veggie Stir Fry with Brown Rice	Fruit Plate with Cottage Cheese	Cheese Pizza	Macaroni and Cheese
Week 4		MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
5/29-6/2		5/29/23	5/30/23	5/31/23	6/1/23	6/2/23
	OPTION 1	Memorial Day Holiday No Meal Delivery	BBQ Chicken Breast with Mashed Potatoes	Swedish Meatballs with Gravy over Egg Noodles	Salisbury Steak with Gravy and Whipped Potatoes	Baked, Breaded Chicken Tenders with Ranch Dressing
	OPTION 2		Plain Chicken Breast with Mashed Potatoes	Roast Beef with Gravy	Roast Turkey with Whipped Potatoes and Gravy	Chicken with Mashed Potatoes and Gravy
	OPTION 3		Pasta Marinara with Dinner Roll	Cheese Quesadilla	Macaroni and Cheese	Veggie Stir Fry with Brown Rice

> To ensure that you receive your choice, please return completed menu to office by Monday, May 15, 2023

> **If you do not send back a completed menu, you will be sent the Main Entrée which is OPTION 1.**

> **Send completed menu back with driver or e-mail to: apd@impactservicesmn.org Call with questions: 763-236-8718**

NOTES:



NAME:	
STREET ADDRESS:	
PHONE:	

