


Meals on Wheels of Metro Tulsa
(918) 627-4103

May 2021 Menu-Regular

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
*Please note that substitutions may have to be made sometimes for specific items due to shortages, unavailability of the product from the vendors, or for other reasons.					1 Swiss Steak Roasted Sweet Potatoes Broccoli	2 Pesto Chicken Patty Green Peas Sliced Carrots
3 Salisbury Beef w/ Gravy Polenta Brussel Sprouts	4 Turkey & White Beans Broccoli Diced Beets	5 Spinach Chicken Patty Whipped Potatoes Spring Vegetables	6 Smoked Sausages Rice Mixed Vegetables	7 Spaghetti Torte Green Beans w/ Onions Glazed Carrots	8 Bean & Cheese Burrito Whole Kernel Corn Stewed Tomatoes	9 Beef w/Country Gravy Black-Eyed Peas Cauliflower
10 Chicken Fajita Pinto Beans Ole Mixed Vegetables	11 Beef Cabbage Casserole Confetti Rice Spinach	12 Pineapple Glazed Ham Lima Beans Okra & Tomatoes	13 Sloppy Joe Whole Kernel Corn Green Beans	14 Tomato Pesto Chicken Patty Oven Roasted Potatoes Green Beans	15 Hamburger Patty Crispy Cubed Potatoes Catalina Vegetables	16 Alfredo Breaded Chicken Green Peas Stewed Tomatoes
17 Bean & Cheese Burrito w/Queso Sauce Hominy Green Beans w/ Onions	18 Creole Beef Confetti Rice Mixed Vegetables	19 Diced BBQ Chicken Oven Roasted Potatoes Cabbage	20 Oven Fried Chicken Thigh Black-Eyed Peas Country Tomatoes	21 Turkey Breast w/ Gravy Green Peas Cheesy Broccoli	22 BBQ Chicken Meatballs Ranch Beans Cauliflower	23 Beef w/ Onion Gravy Crispy Cubed Potatoes Green Beans & Carrots
24 Macaroni & Cheese Parmesan Tomatoes Broccoli	25 Onion Pork Patty Garlic Whipped Potatoes Glazed Carrots	26 Scalloped Chicken Casserole Green Beans Medley Cabbage	27 Turkey Pastrami Parslied Rice Mixed Vegetables	28 Hamburger Patty Baked Beans Hot Cinnamon Apples	29 Cheese Omelet Black Beans Stewed Tomatoes	30 Meatloaf w/ Brown Gravy Crispy Cubed Potatoes Green Beans
31 Mozzarella Chicken Patty Parmesan Penne Pasta Herbed Green Beans Memorial Day						

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May 2021 Menu-Chicken/Vegetarian

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
*Please note that substitutions may have to be made sometimes for specific items due to shortages, unavailability of the product from the vendors, or for other reasons.					1 Egg Plant Parmesan Roasted Sweet Potatoes Broccoli	2 Pesto Chicken Patty Green Peas Sliced Carrots
3 Cheese Omelet Polenta Brussel Sprouts	4 Turkey & White Beans Broccoli Diced Beets	5 Spinach Chicken Patty Whipped Potatoes Spring Vegetables	6 Vegetarian Sausage Patty Rice Mixed Vegetables	7 Spaghetti Torte Green Beans w/ Onions Glazed Carrots	8 Bean & Cheese Burrito Whole Kernel Corn Stewed Tomatoes	9 Gardenburger w/ Gravy Black-Eyed Peas Cauliflower
10 Chicken Fajita Pinto Beans Ole Mixed Vegetables	11 Broccoli Cheese Bake Confetti Rice Spinach	12 Corn Chowder Lima Beans Okra & Tomatoes	13 Vegetarian Sloppy Joe Whole Kernel Corn Green Beans	14 Tomato Pesto Chicken Patty Oven Roasted Potatoes Green Beans	15 Black Bean Burger Crispy Cubed Potatoes Catalina Vegetables	16 Alfredo Breaded Chicken Green Peas Stewed Tomatoes
17 Bean & Cheese Burrito w/Queso Sauce Hominy Green Beans w/ Onions	18 Fire Roasted Stew Confetti Rice Mixed Vegetables	19 Diced BBQ Chicken Oven Roasted Potatoes Cabbage	20 Oven Fried Chicken Thigh Black-Eyed Peas Country Tomatoes	21 Turkey Breast w/ Gravy Green Peas Cheesy Broccoli	22 BBQ Chicken Meatballs Ranch Beans Cauliflower	23 Broccoli & Spinach Quiche Crispy Cubed Potatoes Green Beans & Carrots
24 Macaroni & Cheese Parmesan Tomatoes Broccoli	25 Gardenburger w/Gravy Garlic Whipped Potatoes Glazed Carrots	26 Scalloped Chicken Casserole Green Beans Medley Cabbage	27 Turkey Pastrami Parslied Rice Mixed Vegetables	28 Sloppy Tom Baked Beans Hot Cinnamon Apples	29 Cheese Omelet Black Beans Stewed Tomatoes	30 Black Bean Burger Crispy Cubed Potatoes Green Beans
31 Mozzarella Chicken Patty Parmesan Penne Pasta Herbed Green Beans Memorial Day						

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May 2021 Menu-Vegetarian

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3 Cheese Omelet Polenta Brussel Sprouts	4 Macaroni & Cheese Broccoli Diced Beets	5 Lentil Stew Whipped Potatoes Spring Vegetables	6 Vegetarian Sausage Patty Rice Mixed Vegetables	7 Spaghetti Torte Green Beans w/ Onions Glazed Carrots	8 Bean & Cheese Burrito Whole Kernel Corn Stewed Tomatoes	9 Garden Burger w/ Gravy Black-Eyed Peas Cauliflower
10 Vegetarian Taco Pinto Beans Ole Mixed Vegetables	11 Broccoli Cheese Bake Confetti Rice Spinach	12 Corn Chowder Lima Beans Okra & Tomatoes	13 Vegetarian Sloppy Joe Whole Kernel Corn Green Beans	14 Eggplant Parmesan Oven Roasted Potatoes Green Beans	15 Black Bean Burger Crispy Cubed Potatoes Catalina Vegetables	16 Bean Chili Green Peas Stewed Tomatoes
17 Bean & Cheese Burrito w/Queso Sauce Hominy Green Beans w/ Onions	18 Fire Roasted Stew Confetti Rice Mixed Vegetables	19 Vegetarian BBQ Oven Roasted Potatoes Cabbage	20 Potato Egg Bake Black-Eyed Peas Country Tomatoes	21 Seven Vegetable Couscous Green Peas Cheesy Broccoli	22 BBQ Garden Burger Ranch Beans Cauliflower	23 Broccoli & Spinach Quiche Crispy Cubed Potatoes Green Beans & Carrots
24 Macaroni & Cheese Parmesan Tomatoes Broccoli	25 Garden Burger w/Gravy Garlic Whipped Potatoes Glazed Carrots	26 Lentil Stew Green Beans Medley Cabbage	27 Spinach & Mushroom Crustless Quiche Parslied Rice Mixed Vegetables	28 Sloppy Tom Baked Beans Hot Cinnamon Apples	29 Cheese Omelet Black Beans Stewed Tomatoes	30 Black Bean Burger Crispy Cubed Potatoes Green Beans
31 Eggplant Parmesan Parmesan Penne Pasta Herbed Green Beans Memorial Day						