Meals on Wheels of Metro Tulsa (918) 627-4103 **June 2021 Menu-Regular**

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
*Please note that substitutions may have to be made sometimes	1	2	3	4	5	6
for specific items due to	Turkey Tetrazzini Oregano Broccoli	Beef Tacos Pinto Beans	Lemon Caper Chicken	Sausage w/Red Beans	Breaded Chicken Patty	Beef w/ Rosemary Gravy
shortages, unavailability of the product from the	Diced Beets	Mexican Corn	Whipped Potatoes	Rice	Chicken Gravy	Black-Eyed Peas
vendors, or for other			Stewed Tomatoes	Parslied Carrots	Roasted Sweet	Spinach
reasons.					Potatoes	
7		0	40	44	Cauliflower	40
7	8	9	10	11	12	13
Lemon Pepper Fish	Salisbury Beef w/	Turkey Macaroni and	Loaded Potato	Turkey Breast w/	BBQ Chicken	Salisbury Beef
Yellow Rice	Gravy	Cheese	Casserole	Gravy	Meatballs	w/Gravy
Medley Cabbage	Lima Beans	Broccoli	Green Beans	Ranch Whipped	Ranch Beans	Whole Kernel Corn
	Cauliflower	Squash Medley	Country Tomatoes	Potatoes Capri Vegetables	Sliced Carrots	Green Beans
14	15	16	17	18	19	20
Coconut Chicken	Turkey Chili	BBQ Pork Patty	Chicken Enchilada	Honey Glazed Ham	Hamburger Patty	Cranberry Chicken
Patty	Broccoli	Green Beans w/	Bake	Whole Kernel Corn	Baked Beans	Patty
Fried Rice	Squash/Zucchini/	Peppers	Spanish Rice	Brussels Sprouts	California Vegetables	Lima Beans
Japanese Vegetables	Tomatoes	Broccoli	Dilled Carrots			Whole Kernel Corn
Vegetables						
21	22	23	24	25	26	27
Meatloaf with	Turkey Brunswick	Breaded Chicken	Beef Chili w/ Beans	Lemon Pepper	Swiss Steak	Pesto Chicken Patty
Tomato Gravy	Stew	Patty	Whole Kernel Corn	Chicken Thigh	Roasted Sweet	Green Peas
Whipped Potatoes	Parslied Rice	Ranch Beans	Stewed Tomatoes	Delmonico Potatoes	Potatoes	Sliced Carrots
Catalina Vegetables	Spinach	Hot Spiced Pineapple		California Vegetables	Broccoli	
28	29	30	111/1			
	T 1 0 14" " 5		- (2)			
Salisbury Beef w/Gravy	Turkey & White Beans Broccoli	Spinach Chicken				
Polenta	Diced Beets	Patty Whipped Potatoes				
Brussels Sprouts	2.554 2556	Spring Vegetables	SUD CLIMMORI			
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Meals on Wheels of Metro Tulsa

(918) 627-4103 June 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 Turkey Tetrazzini Oregano Broccoli Diced Beets	2 Vegetarian Tacos Pinto Beans Mexican Corn	3 Lemon Caper Chicken Whipped Potatoes Stewed Tomatoes	Fire Roasted Stew Rice Parslied Carrots	5 Breaded Chicken Patty Chicken Gravy Roasted Sweet Potatoes Cauliflower	6 Bean and Cheese Burrito Black-Eyed Peas Spinach
7	8	9	10	11	12	13
Broccoli Cheese Bake Yellow Rice Medley Cabbage	Corn Chowder Lima Beans Cauliflower	Turkey Macaroni and Cheese Broccoli Squash Medley	Loaded Potato Casserole Green Beans Country Tomatoes	Turkey Breast w/ Gravy Ranch Whipped Potatoes Capri Vegetables	BBQ Chicken Meatballs Ranch Beans Sliced Carrots	Bean & Cheese Burrito Whole Kernel Corn Green Beans
14	15	16	17	18	19	20
Coconut Chicken Patty Fried Rice Japanese Vegetables	Turkey Chili Broccoli Squash/Zucchini/ Tomatoes	Macaroni & Cheese Green Beans w/ Peppers Broccoli	Chicken Enchilada Bake Spanish Rice Dilled Carrots	Lentil Stew Whole Kernel Corn Brussels Sprouts	Black Bean Burger Baked Beans California Vegetables	Cranberry Chicken Patty Lima Beans Whole Kernel Corn
21	22	23	24	25	26	27
Green Meatballs Whipped Potatoes Catalina Vegetables	Turkey Brunswick Stew Parslied Rice Spinach	Breaded Chicken Patty Ranch Beans Hot Spiced Pineapple	Broccoli Cheese Bake Whole Kernel Corn Stewed Tomatoes	Lemon Pepper Chicken Thigh Delmonico Potatoes California Vegetables	Eggplant Parmesan Roasted Sweet Potatoes Broccoli	Pesto Chicken Patty Green Peas Sliced Carrots
28 Cheese Omelet Polenta Brussels Sprouts	29 Turkey & White Beans Broccoli Diced Beets	30 Spinach Chicken Patty Whipped Potatoes Spring Vegetables	It's summer!			

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

June 2021 Menu-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 Spaghetti Torte Oregano Broccoli Diced Beets	2 Vegetarian Tacos Pinto Beans Mexican Corn	3 Cheese Omelet Whipped Potatoes Stewed Tomatoes	4 Fire Roasted Stew Rice Parslied Carrots	5 Gardenburger w/ Gravy Roasted Sweet Potatoes Cauliflower	6 Bean and Cheese Burrito Black-Eyed Peas Spinach
7	8	9	10	11	12	13
Broccoli Cheese Bake Yellow Rice Medley Cabbage	Corn Chowder Lima Beans Cauliflower	Macaroni and Cheese Broccoli Squash Medley	Potato Egg Bake Green Beans Country Tomatoes	Bean Chili Ranch Whipped Potatoes Capri Vegetables	BBQ Gardenburger Ranch Beans Sliced Carrots	Bean & Cheese Burrito Whole Kernel Corn Green Beans
14	15	16	17	18	19	20
Chickpea Stir Fry Fried Rice Japanese Vegetables	White Bean Chili Broccoli Squash/Zucchini/ Tomatoes	Macaroni & Cheese Green Beans w/ Peppers Broccoli	Bean Tamale Pie Spanish Rice Dilled Carrots	Lentil Stew Whole Kernel Corn Brussels Sprouts	Black Bean Burger Baked Beans California Vegetables	Cheese Omelet Lima Beans Whole Kernel Corn
21	22	23	24	25	26	27
Green Meatballs Whipped Potatoes Catalina Vegetables	Bean Chili Parslied Rice Spinach	Vegetarian BBQ Ranch Beans Hot Spiced Pineapple	Broccoli Cheese Bake Whole Kernel Corn Stewed Tomatoes	Vegetarian Pot Pie Delmonico Potatoes California Vegetables	Eggplant Parmesan Roasted Sweet Potatoes Broccoli	Black Bean Burger Green Peas Sliced Carrots
28 Cheese Omelet Polenta Brussels Sprouts	29 Macaroni and Cheese Broccoli Diced Beets	30 Lentil Stew Whipped Potatoes Spring Vegetables	It's summer!			