

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

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June 2021 Menu-Chicken/Vegetarian

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*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 Tetrizzini Oregano Broccoli Diced Beets	2 Vegetarian Tacos Pinto Beans Mexican Corn	3 Lemon Caper Chicken Whipped Potatoes Stewed Tomatoes	4 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 Broccoli Cheese Bake Yellow Rice Medley Cabbage	8 Corn Chowder Lima Beans Cauliflower	9 Turkey Macaroni and Cheese Broccoli Squash Medley	10 Loaded Potato Casserole Green Beans Country Tomatoes	11 Turkey Breast w/ Gravy Ranch Whipped Potatoes Capri Vegetables	12 BBQ Chicken Meatballs Ranch Beans Sliced Carrots	13 Bean & Cheese Burrito Whole Kernel Corn Green Beans
14 Coconut Chicken Patty Fried Rice Japanese Vegetables	15 Turkey Chili Broccoli Squash/Zucchini/ Tomatoes	16 Macaroni & Cheese Green Beans w/ Peppers Broccoli	17 Chicken Enchilada Bake Spanish Rice Dilled Carrots	18 Lentil Stew Whole Kernel Corn Brussels Sprouts	19 Black Bean Burger Baked Beans California Vegetables	20 Cranberry Chicken Patty Lima Beans Whole Kernel Corn
21 Green Meatballs Whipped Potatoes Catalina Vegetables	22 Turkey Brunswick Stew Parslied Rice Spinach	23 Breaded Chicken Patty Ranch Beans Hot Spiced Pineapple	24 Broccoli Cheese Bake Whole Kernel Corn Stewed Tomatoes	25 Lemon Pepper Chicken Thigh Delmonico Potatoes California Vegetables	26 Eggplant Parmesan Roasted Sweet Potatoes Broccoli	27 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				

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June 2021 Menu-Vegetarian

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*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 Broccoli Cheese Bake Yellow Rice Medley Cabbage	8 Corn Chowder Lima Beans Cauliflower	9 Macaroni and Cheese Broccoli Squash Medley	10 Potato Egg Bake Green Beans Country Tomatoes	11 Bean Chili Ranch Whipped Potatoes Capri Vegetables	12 BBQ Gardenburger Ranch Beans Sliced Carrots	13 Bean & Cheese Burrito Whole Kernel Corn Green Beans
14 Chickpea Stir Fry Fried Rice Japanese Vegetables	15 White Bean Chili Broccoli Squash/Zucchini/ Tomatoes	16 Macaroni & Cheese Green Beans w/ Peppers Broccoli	17 Bean Tamale Pie Spanish Rice Dilled Carrots	18 Lentil Stew Whole Kernel Corn Brussels Sprouts	19 Black Bean Burger Baked Beans California Vegetables	20 Cheese Omelet Lima Beans Whole Kernel Corn
21 Green Meatballs Whipped Potatoes Catalina Vegetables	22 Bean Chili Parslied Rice Spinach	23 Vegetarian BBQ Ranch Beans Hot Spiced Pineapple	24 Broccoli Cheese Bake Whole Kernel Corn Stewed Tomatoes	25 Vegetarian Pot Pie Delmonico Potatoes California Vegetables	26 Eggplant Parmesan Roasted Sweet Potatoes Broccoli	27 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				