MEALS ON WHEELS WEST 6 WEEK MENU

	MONDAY	WEDNESDAY	FRIDAY
Week 1	Pork Bites in Salsa Verde Sauteed Garlic Spinach Whole Grain Polenta Corn Salad Tangerine	BBQ Chicken Roasted Zucchini & Yellow Squash Coleslaw w/ Carrots Apricot Whole Grain Roll	Miso Glazed Salmon Roasted Cauliflower Asparagus Lentil Wild Rice Mix Kiwi
Week 2	Turkey Sloppy Joe Potato Wedges Veg Mix Slaw Fruit Salad Whole Grain Bun	Korean Beef Bulgogi Cabbage & Carrots Barley Cucumber Salad Mango Chunks	Tilapia w/Veracruz Sauce Spinach & Bell Peppers Pinto Beans Whole Grain Couscous Orange Slices
Week 3	Pork Bolognese Collard Greens & Onions Whole Grain Spaghetti Beet Salad Mango Chunks	Chicken w/ Achiote Sauce Chayote Spanish Whole Grain Rice Street Corn Salad Pineapple Chunks	Cod w/ Lemon Butter Sauce Asparagus Barley Kale Pumpkin Seed Salad Banana
Week 4	Turkey w/ Ranchera Sauce Fingerling Potatoes Quinoa Corn Salad (Sunflower Seeds) Tangerine	Hoppin' John (Vegetarian) Collard Greens Barley Arugula Beet Salad Strawberries Corn Bread	Tilapia w/ Coconut Sauce Sweet Plantains Bulgur Pico De Gallo Kiwi
Week 5	"Jack's Special" Chicken Bell Peppers Fiesta Lime Brown Rice Veg Mix Slaw Cantaloupe	Pork w/Cherry Sauce Mustard Greens & Leeks Polenta Carrot Radish Salad Pineapple Chunks	Pollock w/ Mushroom Sauce Zucchini & Yellow Squash Wild Whole Grain Rice Mix Tomato & Cannellini Bean Tangerine
Week 6	Ropa Vieja (Beef) Black Beans w/ Peppers Cauliflower Corn Tortilla Pineapple Chunks	Vegetarian Chili (Lentils/Pinto) Broccoli Whole Grain Macaroni Noodles Caesar Salad Mandarin Orange Slices	Baked Basa Garlic Green Beans Whole Grain Couscous Moroccan Beet Salad Papaya & Mango Chunks

Week Dates JULY 2026 - June 2027

Week 1	July 1-5 Mar 8-14	Aug 10-16 April 19-25	Sep 21-27 May 31-June6	Nov 2-8	Dec 14-20	Jan 25-31
Week 2	July 6-12 Mar 15-21	Aug 17-23 April 26-May 2	Sep 28-Oct 4 June 7-13	Nov 9-15	Dec 21-27	Feb 1-7
Week 3	July 13-19 Mar 22-28	Aug 24-30 May 3-9	Oct 5-11 June 14-20	Nov 16-22	Dec 28-Jan 3	Feb 8-14
Week 4	July 20-26 Mar 29-Apr 4	Aug 31-Sep 6 May 10-16	Oct 12-18 June 21-27	Nov 23-29	Jan 4 - 10	Feb 15-21
Week 5	July 27-Aug 2 April 5-11	Sep 7-13 May 17-23	Oct 19-25 June 27-30	Nov 30-Dec 6	Jan 11-17	Feb 22-28
Week 6	Aug 3-9 Apr 12-18	Sep 14-20 May 24-30	Oct 26-Nov 1	Dec 7-13	Jan 18-24	Mar 1-7

Menu subject to change base on product availability and holiday closures