



**MEALS on WHEELS**  
METRO BOISE

# May 2023 Menu

(Substitutions may be necessary without advanced notice.)

Contact:  
(208) 321-0031  
[www.MetroMealsOnWheels.net](http://www.MetroMealsOnWheels.net)

	MON	TUE	WED	THU	FRI
1	<b>Spaghetti with Sausage Alfredo Sauce</b> Chateau Vegetables Green Beans Fresh Orange French Bread Milk		<b>3 Mexican Beef Casserole</b> Spanish Rice Corn Pineapple Whole Wheat Tortilla Milk		<b>5 Baked Ham with Pineapple</b> Au Gratin Potatoes Cascade Vegetables Applesauce 9-Grain Bread Milk
8	<b>Cheesy Fish over Rice</b> Succotash Baby Carrots Fresh Fruit Whole Wheat Roll Milk		<b>10 BBQ Beef Sandwich</b> Roasted Potatoes Peas & Carrots Coleslaw Whole Wheat Bun Milk		<b>12 Country Fried Steak with Country Gravy</b> Mashed Potatoes Mixed Vegetables Applesauce Whole Wheat Roll Milk
15	<b>Sweet &amp; Sour Chicken over Rice</b> Oriental Vegetables Snap Peas Fresh Fruit 9-Grain Bread / Milk		<b>17 Breaded Chicken with Country Gravy</b> Mashed Potatoes Country Trio Vegetables Mandarin Oranges Whole Wheat Roll / Milk		<b>19 BBQ Bacon Cheeseburger Melt on Flatbread</b> Roasted Potatoes Green Beans Applesauce / Milk
22	<b>Meatloaf with Brown Gravy</b> Mashed Potatoes Sunshine Carrots Fresh Fruit Baci Roll / Milk		<b>24 Tuna Salad Sandwich</b> Potato Salad Three Bean Salad Banana 9-Grain Bread / Milk Soup (congregate sites only)		<b>26</b>  <b>CLOSED</b>
29	<b>MEMORIAL DAY</b>  <b>CLOSED</b> No Meals Served or Delivered				
31			<b>Lasagna with Meat Sauce</b> Italian Blend Vegetables Pears Spinach Salad French Bread Milk		

