

This program is funded
in part by:



Heritage Hall Senior Center JUNE 2022 Meals on Wheels Menu 713-554-9046



Monday	Tuesday	Wednesday	Thursday	Friday
		6/1/2022	6/2/2022	6/3/2022
		Turkey Breast with Gravy* Whipped Potatoes Green Beans Texas Bread Fresh Banana Milk	Beef Taco Pinto Beans Mexican Style Tomatoes Flour Tortilla Fudge Cream Cookie Milk Taco Sauce	BBQ Pork Rib Patty+ Whole Kernel Corn California Vegetables Wheat Bread Lime Gelatin Milk
6/6/2022	6/7/2022	6/8/2022	6/9/2022	6/10/2022
Swedish Chicken Meatballs Rice Italian Vegetables Wheat Bread Oatmeal Cream Cookie Milk	Swiss Steak Whipped Potatoes Herbed Green Beans Wheat Bread Graham Crackers Milk	Mexican Chicken Chili Broccoli Glazed Carrots Wheat Bread Brownie Milk	Pineapple Glazed Ham+ Lima Beans Diced Beets Cornbread Fresh Fruit Milk Margarine	Smothered Chicken Lentils Country Tomatoes Wheat Bread Fig Bar Milk
6/13/2022	6/14/2022	6/15/2022	6/16/2022	6/17/2022
Sloppy Joe Oven Roasted Potatoes Mixed Vegetables Hamburger Bun Fudge Cream Cookie Milk	Chicken Taco Spanish Rice Pinto Beans Flour Tortilla Fresh Fruit Milk Taco Sauce	Creole Beef Mixed Beans Broccoli Wheat Bread Gingerbread Cookie Milk	Smoked Sausage+ Delmonico Potatoes Green Beans and Carrots Texas Bread Birthday Cake Milk 	Father's Day Pepper Beef Steak Rice Catalina Vegetables Dinner Roll Chocolate Graham Crackers Milk
6/20/2022	6/21/2022	6/22/2022	6/23/2022	6/24/2022
Coconut Chicken Jasmine Rice Japanese Vegetables Texas Bread Oatmeal Cream Cookie Milk	Turkey Brunswick Stew* Whole Kernel Corn Cabbage Saltine Crackers Lemon Pudding Milk	Savory Chicken Lima Beans Okra and Tomatoes Cornbread Fresh Banana Milk Margarine	Beef Stroganoff Green Peas Steamed Cauliflower Wheat Bread Orange Gelatin Milk	Buffalo Chicken Seasoned Cubed Potatoes Parslied Carrots Texas Bread Fresh Fruit Milk
6/20/2022	6/21/2022	6/22/2022	6/23/2022	
Turkey Rice Casserole* Broccoli Country Tomatoes Wheat Bread Fudge Cream Cookie Milk	Salisbury Beef with Gravy Whipped Potatoes Mixed Vegetables Wheat Bread Sugar Cookie Milk	Southwest Chicken Pinto Beans Brussels Sprouts Texas Bread Fresh Banana Milk	Polish Sausage+ Lentils Sliced Carrots Wheat Bread Strawberry Gelatin Milk	* - Turkey + - Pork