

Meals on Wheels Etc. Congregate – Bram Towers, Sanford, Longwood, E. Altamonte, Casselberry, Alz Easter Seals, CCE.

August 2026

Allison Goodman RD, LD

Date: 6/30/26 Allison Goodman RD, LD License #ND 7006

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<u>WEEK ONE</u>	3 Tortellini w turkey sausage and red pepper sauce Tossed salad w dressing Diced carrots WW bread Peaches Milk	4 Chicken parm Penne marinara Greens WW bread Pineapple Milk	5 Hamburger on whole wheat bun w/mustard, mayo, ketchup Baked beans Green beans Tropical fruit Milk	6 Egg salad Tossed salad w dressing Vegetable soup WW bread Pear Milk	7 Fish w chimichurri sauce Polenta Broccoli Orange Biscuit Milk
<u>WEEK TWO</u>	10 Meatball and eggplant tagine Rice Tossed salad w dressing Pineapple Naan Milk	11 Veg chili Green beans Mashed potatoes Watermelon Cornbread Milk	12 BBQ chicken Mac and cheese Greens Cornbread Applesauce	13 Tuna salad sandwich Snap pea salad Carrot/cumin soup Banana (2) WW bread Milk	14 Chicken picatta Mashed potatoes Spinach Banana Biscuit Milk
<u>WEEK THREE</u>	17 Shepherd's pie Corn Tomato/okra Biscuit Strawberry kiwi cup Milk	18 Hot dog on WW bun Baked beans Green beans Tropical fruit Ketc/must/relish Milk	19 Butter chicken Basmati rice Diced carrots Kale Naan Applesauce Milk	20 Chicken salad Lentil soup Coleslaw WW bread (2) Banana Milk	21 Ravioli w meat sauce Tossed salad w dressing Baby carrots WW bread Applesauce Milk
<u>WEEK FOUR</u>	24 Chicken lo mein Bok choy Corn Pineapple Naan Milk	25 Jambalaya Tossed salad Peas and carrots Biscuit Mandarin oranges Milk	26 Sloppy Joe Mac and cheese Cabbage WW bun Watermelon Milk	27 Turkey sandwich on WW bread Veg pasta salad Tomato basil salad Banana Milk	28 Veg lasagna Tossed salad w dressing Corn WW bread Birthday dessert Milk
<u>WEEK FIVE</u>	31 Stuffed peppers Mac and cheese Mixed veggies Applesauce WW roll Milk				