



Deupree Meals On Wheels

SAVORY SELECTS

Entrée - Beef

BBQ Beef w/ Peas & Onions and
Potato Wedges

Beef Vegetable Stew,
Green Beans

Cinci-Style Chili w/ Spaghetti,
Broccoli and Kidney Beans

Country Fried Steak w/ Gravy,
Mashed Potatoes & Mixed Vegetables

Hamburger Patty, Potato Wedges
and Broccoli

Meatloaf w/ Gravy, Mashed
Potatoes and Carrots

Philly Beef Steak, w/ Potato Wedges
& Mixed Vegetables

Salisbury Steak w/ Gravy, Parslied
Potatoes & Mixed Vegetables

Spaghetti & Meatballs w/ Marinara,
Italian Vegetables and Spinach

Swedish Meatballs w/ Egg Noodles,
Broccoli & Carrots

Entrée - Pork

Hawaiian Pineapple Ham, Whipped
Sweet Potatoes and Peas

Hot Deli Ham, Baked Beans and
Broccoli

Roast Pork Loin w/ Gravy, Brown
Rice and Mixed Vegetables

Entrée - Chicken

Chicken Alfredo w/ Spaghetti,
Broccoli, Carrots & Cinnamon Apples

Baked Chicken w/ Gravy, Herb
Dressing, Broccoli and Cauliflower

Chicken & Potato Casserole,
California Blend Vegetables

Chicken Tenders w/ Brown Rice,
Green Beans and Carrots

Grilled Chicken Breast, Green Beans
and Yellow Squash

Orange Chicken w/ Brown
Rice, Green Beans and Carrots

Entrée - Seafood

Fish Sticks, Peas, Potato Wedges,
and Baked Cinnamon Apples

Lemon Pepper Fish w/ Brown Rice
& Scandinavian Vegetable Blend

Mediterranean Glazed Salmon,
w/ Italian Vegetables & Rosemary
Garlic Red Skin Potatoes



NOTE: Menu subject to change without notice.



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Entrée - Turkey

Turkey Burger (charbroiled),
Carrot Coins and Peas

Roast Turkey w/Gravy, Mashed
Potatoes and Vegetable Medley

Smoked Turkey Sausage
w/Sauerkraut, Mashed Potatoes
and Green Beans

Turkey Ham & Beans, Mixed Vegetables

Turkey Ham & Beans,
Mixed Vegetables

Entrée - Vegetarian

Asian Vegetables & Rice (contains
mushrooms), Peas, Baked Cinnamon
Apples

Bean & Cheese Burrito, Zucchini
and Corn

Cheese Manicotti w/ Pesto Cream
Sauce, Spinach and California Blend
Vegetables

Cheese Lasagna w/Marinara,
Italian Vegetables and Squash

Macaroni & Cheese, Stewed
Tomatoes and Green Beans

Veggie Burger w/ Potato Wedges and
Scandinavian Blend Vegetables

Entrée - Breakfast

Fried Egg & Turkey Sausage,
Red Skin Potatoes and Baked
Cinnamon Apples

Southwestern c.f. Omelet w/
Tomatoes, Peppers, & Onions,
Carrots and Breakfast Potatoes

WG Pancakes & Turkey Sausage,
Diced Sweet Potatoes, & Peaches w/
Oat Topping

Fruit or Juice - 1 per meal

Fruit Cocktail

Peaches

Apple Juice 100%

Applesauce

Cinnamon Applesauce

Cranberry-Apple Juice 100%

Grape Juice 100%

Orange Juice 100%

Fresh Apple

Fresh Orange

Whole Pears

Raisins



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Desserts/Snacks - 1 per meal

Animal Crackers
Cheese Sandwich Crackers
Chocolate Sponge Cake Square (uniced)
Crispy Rice Treat
Fruit & Grain Bar -Strawberry
Goldfish Cheese Crackers
Honey Scooters Cereal (single serve)
Nutty Buddy wafer cookie
Oatmeal Cookie
Raisin Bran Cereal (single serve)
Sponge Cake Square (uniced)
White Cheddar Popcorn

Bread - max. of 1 half-loaf per box

100% Whole Wheat (½ loaf)
White Bread (½ loaf)

Condiments - 1 per meal

Margarine pkt
Ketchup pkt
Mustard pkt
Mayonnaise pkt
Tartar Sauce pkt
BBQ Sauce pkt
Sugar Free Syrup pkt
Mrs. Dash Salt-Free Seasoning pkt

Milk - 1/2 gallon only available with 7 meals

1% Milk (half pint)
1% Milk (½ gallon)
Chocolate Milk (half pint)
Chocolate Milk (½ gallon)
Skim Milk (half pint)
Skim Milk (½ gallon)
2% Milk (half pint)
2% Milk (½ gallon)



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