



MEALS on WHEELS
CHEYENNE

TOGETHER, WE CAN DELIVER.

MENU

MONDAY
MAY 17

Salisbury Steak
Mashed Potatoes with Gravy
Peas and Carrots
Red Apple Rings
Tossed Salad
Wheat Roll

TUESDAY
MAY 18

Spinach Artichoke Rigatoni
Roasted Tomatoes
Fresh Cucumber
Pineapple Crumble
White Roll

WEDNESDAY
MAY 19

Turkey and Rice Casserole
Broccoli Cauliflower Blend
Strawberry Spinach Salad
Apple Oat Cake

THURSDAY
MAY 20

Ham and Bean Soup
Brussel Sprouts
Fresh Orange
Cornbread with Honey
Oreo

FRIDAY
MAY 21

Asian Crunch Salad
Mandarin Oranges
Layered Pistachio Dessert
Wheat Roll

*If you need to cancel your meal please
contact Meals on Wheels of Cheyenne
by 9:30am at (307) 635-5542.*

**MENU SUBJECT TO CHANGE BASED ON
AVAILABILITY AND DIETARY RESTRICTIONS**

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