



MEALS on WHEELS
CHEYENNE

TOGETHER, WE CAN DELIVER.

MENU

MONDAY JULY 12	Chicken Pot Pie Sliced Beets Rhubarb Crisp Tossed Salad Wheat Roll
TUESDAY JULY 13	Creamy Tomato Gnocchi with Ground Beef Broccoli Yellow Squash Banana Bread
WEDNESDAY JULY 14	Denver Quiche Sautéed Mushrooms Breakfast Potatoes Apple Juice Coffee Cake
THURSDAY JULY 15	Summer Lasagna Roasted Cherry Tomatoes Fresh Kiwi Focaccia Bread
FRIDAY JULY 16	Salmon Salad Wheat Crackers Cucumber Grapes Fudge White 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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