




MEALS on WHEELS
CHEYENNE

TOGETHER, WE CAN DELIVER.

MENU

<p>MONDAY JULY 5</p>	<p>We will be closed for Independence Day</p> <p>Monday, July 5th</p> 
<p>TUESDAY JULY 6</p>	<p>Cheese Omelet English Muffin Sautéed Spinach Fresh Orange Strawberry Blintz</p>
<p>WEDNESDAY JULY 7</p>	<p>Oven Fried Chicken Mashed Potatoes with Gravy Green Beans Watermelon Chocolate Chip Cookie Wheat Roll</p>
<p>THURSDAY JULY 8</p>	<p>Grilled Turkey & Cheese Sandwich Creamy Tomato Soup Tossed Salad Blueberries, Pineapple and Mango Fruit Loop Cereal Bars</p>
<p>FRIDAY JULY 9</p>	<p>Citrus Steak Salad with Rice Noodles Tropical Fruit Pistachio Pretzel Bar</p>

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