




June 2025

Meals On Wheels - Independence

All meals are made in Independence
served every weekday.
Extra meals can be ordered.
Call 816-254-9566 between 8 – noon.

SUN	MON	TUE	WED	THUR	FRI	SAT
Menu subject to change	2 - Spaghetti & Meat Sauce - Vegetables	3 - Ham & Pineapple - Potatoes - Green Beans	4 - Italian Chicken - Au Gratin Potatoes - Vegetables	5 - Sloppy Joe Bake - Vegetables	6 - Pork Loin w/ Mushroom Gravy - Vegetables	7
8	9 - Roast Chicken - Stuffing - Vegetables	10 - Meatloaf - Mashed Potatoes w/ Gravy - Vegetables	11 - Ham & Beans - Vegetables	12 - Chicken & Rice - Vegetables	13 - Beefy Mac & Cheese - Vegetables	14
15	16 - Chili Pie - Vegetables	17 - Sour Cream Pork - Scalloped Potatoes - Vegetables	18 - Chicken Al Fredo - Vegetables	19 - Beef Enchiladas - Mexican Corn	20 - Beanies & Weenies - Vegetables	21
22	23 - Chicken Parmesan - Mashed Potatoes - Vegetables	24 - Beef Stroganoff - Vegetables	25 - Sausage Au Gratin Potato Bake - Vegetables	26 - Oven Fried Chicken - Mashed Potatoes w/ Gravy - Vegetables	27 - Shepards Pie - Mashed Potatoes - Vegetables	28
29	30 - Biscuits & Gravy - Sausage Patty - Stewed Tomatoes					Dessert Included With All Meals

EACH MEAL SERVED WITH BREAD/MARGARINE
& MILK OR JUICE