



July 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		1 - Italian Chicken - Scalloped Potatoes - Vegetables	2 - Sloppy Joe Bake - Vegetables	3 - Sliced Ham - Au Gratin Potatoes - Vegetables	4 CLOSED FOR HOLIDAY	5
6	7 - Roast Chicken - Stuffing - Vegetables	8 - Meatloaf - Mashed Potatoes w/ Gravy - Vegetables	9 - Sour Cream Pork - Noodles - Vegetables	10 - Enchiladas	11 - Tuna Casserole - Spinach	12
13	14 - Beefy Mac & Cheese - Vegetables	15 - Shepherd's Pie - Vegetables	16 - Chicken Al Fedo - Vegetables	17 - Spaghetti & Meat Sauce - Vegetables	18 - Salisbury Steak - Mashed Potatoes w/ Gravy - Vegetables	19
20	21 - Chicken & Rice - Vegetables	22 - Swedish Meatballs - Noodles - Vegetables	23 - Prok Loin - Mashed Potatoes w/ Gravy - Vegetables	24 - Oven Fried Chicken - Mashed Potatoes w/ Gravy - Vegetables	25 - Beef Stroganoff - Vegetables	26
27	28 - BBQ Pork - BBQ Beans - Vegetables	29 - Parmesan Crusted Chicken - Mashed Potatoes w/ Gravy - Vegetables	30 - Chili Tot Pie - Vegetables	31 - Biscuits & Gravy - Sausage Patty - Stewed Tomatoes		Dessert Included With All Meals

EACH MEAL SERVED WITH BREAD/MARGARINE
& MILK OR JUICE