

August 2025

Meals On Wheels - IND

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 - Ham & Cheese Sandwich - Pork & Beans - Chips	2
3	4 - Italian Chicken - Au Gratin Potatoes - Vegetables	5 - Sloppy Joe Bake - Vegetables	6 - Sour Cream Pork - Noodles - Vegetables	7 - Roast Chicken - Stuffing - Vegetables	8 - Beefy Mac & Cheese - Vegetables	9
10	11 - Riblets - Tater-Tots - Vegetables	12 - Chicken Al Fredo - Vegetables	13 - Salisbury Steak - Mashed Potatoes w/ Gravy - Vegetables	14 - Pork Loin - Mashed Potatoes w/ Gravy - Vegetables	15 - Parmesan Crusted Chicken - Wild Rice - Vegetables	16
17	18 - Shepherds Pie - Vegetables	19 - Sliced Ham - Scalloped Potatoes - Vegetables	20 - BBQ Chicken - Au Gratin Potatoes - Vegetables	21 - Beef Enchiladas - Mexican Corn	22 - Lemon Pepper Fish - Mac & Cheese - Vegetables	23
24	25 - Biscuits & Gravy - Sausage Patty - Applesauce	26 - Sliced Turkey & Cheese Sandwich - Cottage Cheese - Chips	27 - Spaghetti & Meatballs - Italian Vegetables	28 - BBQ Pulled Pork - BBQ Beans - Vegetables	29 - Tuna Casserole - Vegetables	Dessert Included With All Meals

EACH MEAL SERVED WITH BREAD/MARGARINE
& MILK OR JUICE