

July 2026

MEALS ON WHEELS - INDEP

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 - Oven Baked Chicken - Mashed Potatoes w/ Gravy - Carrots	2 - Ham & Cheese Sandwich - Pork & Beans - Chips	3 CLOSED FOR HOLIDAY	4
5	6 - Chicken Al Fredo - Normandy Veg.	7 - Sliced Ham - Mac & Cheese - Corn	8 - Salisbury Steak - Mashed Potatoes w/ Gravy -	9 - Italian Chicken - Scalloped Potatoes - Peas	10 - Tuna Casserole - Beets	11
12	13 - Wild Rice Chicken - Green Beans	14 - Meatloaf - Mashed Potatoes w/ Gravy - Green Beans	15 - Chicken Tetrazzini - Carrots	16 - Pork & Stuffing Bake - Peas	17 - Shephard's Pie - Cauliflower & Cheese	18
19	20 - Fish Sticks - Mac & Cheese - Broccoli	21 - Sliced Beef & Cheese Sandwich - Cottage Cheese - Chips	22 - Chicken Enchilada - Rice - Mexican Corn	23 - Sausage Au Gratin Casserole - Carrots	24 - Texas Hash - Veg Medley	25
26	27 - Hot Dogs - Pork & Beans - Corn	28 - Biscuits & Gravy - Sausage - Spiced Peaches	29 - Goulash - Peas	30 - BBQ Chicken - Baked Beans - Corn	31 - Meatloaf - Mashed Potatoes w/ Gravy - Green Beans	Dessert Included With All Meals

EACH MEAL SERVED WITH BREAD/MARGARINE
& MILK OR JUICE