




# June 2026

## 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<br>- Tuna Patties<br>- Scalloped Potatoes<br>- Peas          | 2<br>- Crispy French Chicken<br>- Mashed Potatoes & Gravy<br>- Carrots | 3<br>- Cheeseburger Macaroni Casserole<br>- Mixed Veg.                               | 4<br>- Hot Dogs<br>- Sauerkraut<br>- Broccoli   | 5<br>- Salisbury Steak<br>- Mashed Potatoes & Gravy<br>- Green Beans                  | 6                               |
| 7                      | 8<br>- Pork Egg Rolls<br>- Rice<br>- Corn                      | 9<br>- Goulash<br>- Mix Veg  | 10<br>- Fish Sticks<br>- French Fries<br>- Beets                                     | 11<br>- Meatloaf<br>- Mashed Potatoes & Gravy<br>- Green Beans                        | 12<br>- Chicken Patty<br>- Tater Tots<br>- Peas                                       | 13                              |
| 14                     | 15<br>- Brown Sugar Ham<br>- Mac & Cheese<br>- California Veg. | 16<br>- Sloppy Joe Bake<br>- Italian Veg.                              | 17<br>- Pork Loin & Mushroom Gravy<br>- Corn   | 18<br>- BBQ Chicken<br>- Beans<br>- Peas & Carrots                                    | 19<br>- Lemon Pepper Swai<br>- Noodles<br>- Spinach                                   | 20                              |
| 21                     | 22<br>- Shepherd's Pie<br>- Normandy Veg                       | 23<br>- Biscuits & Gravy<br>- Sausage Patties<br>- Spiced Apples       | 24<br>- Italian Chicken<br>- Au Gratin Potatoes<br>- Green Beans                     | 25<br>- Smothered Beef Patties<br>- Mashed Potatoes<br>- Peas                         | 26<br>- Riblets<br>- Baked Beans<br>- Carrots   | 27                              |
| 28                     | 29<br>- Chicken<br>- Wild Rice<br>- Broccoli                   | 30<br>- Beef & Rice Enchiladas<br>- Mexican Corn                       |  |  |  | Dessert Included With All Meals |

EACH MEAL SERVED WITH BREAD/MARGARINE  
& MILK OR JUICE

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