

August 2026

Meals On Wheels

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	3 - Ham & Cheese Sandwich - Pork & Beans - Chips	4 - Oven Baked Chicken - Mashed Potatoes & Gravy - Green Beans	5 - Beef Enchiladas - Mexican Corn	6 - Riblets - Tater-Tots - Carrots	7 - Chicken Tetrazzini - Peas	8
9	10 - Salisbury Steak - Mashed Potatoes - Carrots	11 - Tuna Casserole - Normandy Vegetables	12 - Biscuits & Gravy - Sausage Patty - Spiced Peaches	13 - Italian Chicken - Scalloped Potatoes - Italian Vegetables	14 - Meatloaf - Mashed Potatoes - Green Beans	15
16	17 - Hot Dogs - Mac & Cheese - Peas & Carrots	18 - Chicken Al Fredo - Broccoli	19 - Shepherd's Pie - Green Beans	20 - Spaghetti & Meat Sauce - Cauliflower	21 - Chicken Enchiladas - Mexican Corn	22
23	24 - Goulash - Peas	25 - Ham & Cheese Sandwich - Cottage Cheese - Chips	26 - BBQ Chicken - Baked Beans - Corn	27 - Meatloaf - Mashed Potatoes - Carrots	28 - Fish Sticks - Mac & Cheese - Peas	29
30	31 - Wild Rice Chicken - Green Beans					Dessert Included With All Meals

EACH MEAL SERVED WITH BREAD/MARGARINE
& MILK OR JUICE