






# May 2026 Menu

(Substitutions may be necessary without advanced notice.)

| MON   | TUES   | WED  | THUR  | FRI  |
|---|--|--|---|--|
|  <p><b>MEALS on WHEELS</b><br/>CONTACT US<br/>(208) 321-0031<br/>www.metromealsonwheels.net</p>                    | <p>H A P P Y</p>  <p><i>Mother's Day</i></p>                               |  |   | <p><b>1</b></p> <p><b>Meatloaf w/Brown Gravy</b><br/>Sweet Potatoes<br/>Broccoli &amp; Cauliflower<br/>Applesauce<br/>Baci Roll   Milk</p> |
| <p><b>4</b></p> <p><b>Southern Chicken Casserole</b><br/>Baby Carrots<br/>Pickled Beets<br/>Peaches<br/>Milk</p>   | <p><b>5</b></p> <p><b>Cheese Enchilada</b><br/>Steamed Corn<br/>Refried Beans   Sour Cream<br/>Salsa   Mixed Fruit<br/>Milk</p>                              | <p><b>6</b></p> <p><b>Chef's Salad</b><br/>Garbanzo Bean Salad<br/>Pears   Baci Roll<br/>Milk</p>  | <p><b>7</b></p> <p><b>Polish Sausage w/Sauerkraut</b><br/>Red Roasted Potatoes<br/>Mixed Veggies   Banana<br/>WW Bun   Milk</p>      | <p><b>8</b></p> <p><b>Sherry Mushroom Chicken</b><br/>Bow Tie Noodles<br/>Baby Carrots   Green Beans<br/>Peaches<br/>WW Roll   Milk</p>    |
| <p><b>11</b></p> <p><b>BBQ Cheeseburger</b><br/>Ranch Mashed Potatoes<br/>Green Peas<br/>Fresh Fruit<br/>Milk</p>  | <p><b>12</b></p> <p><b>Chicken Salad Sandwich</b><br/>Three Bean Salad<br/>Potato Salad<br/>Tropical Fruit<br/>Milk</p>                                      | <p><b>13</b></p> <p><b>Roast Pork w/Mushroom Gravy</b><br/>Scalloped Potatoes<br/>Italian Veggies<br/>Applesauce   WW Roll<br/>Milk</p>  | <p><b>14</b></p> <p><b>Cheeseburger Mac &amp; Cheese</b><br/>Mixed Veggies<br/>Baby Carrots<br/>Banana   French Bread<br/>Milk</p>  | <p><b>15</b></p> <p><b>Cheesy Fish</b><br/>Brown Rice<br/>Beets   Catalina Veggies<br/>Mixed Fruit<br/>Milk</p>                            |
| <p><b>18</b></p> <p><b>Smothered Pork Chop</b><br/>Rice Pilaf<br/>Steamed Corn<br/>Cascade Veggies   Pears<br/>Breadstick   Milk</p>  | <p><b>19</b></p> <p><b>Chicken Enchilada Pasta</b><br/>Fire Roasted Corn &amp;<br/>Black Beans   Garden Salad<br/>Cinnamon Applesauce<br/>WW Roll   Milk</p> | <p><b>20</b></p> <p><b>Country Fried Steak w/Gravy</b><br/>Mashed Potatoes<br/>Stewed Tomatoes<br/>Banana<br/>9 Grain Bread   Milk</p>  | <p><b>21</b></p> <p><b>Ham &amp; Swiss Sandwich</b><br/>Cole Slaw<br/>Red Skin Potato Salad<br/>Fresh Fruit<br/>Milk</p>  | <p><b>22</b></p> <p><b>Salisbury Steak w/Gravy</b><br/>Mashed Potatoes<br/>Chateau Veggies<br/>Pineapple Tidbits<br/>WW Roll   Milk</p>    |
| <p><b>25</b></p>  <p><b>MEMORIAL DAY</b></p> <p><b>CLOSED NO MEALS SERVED OR DELIVERED</b></p>                   | <p><b>26</b></p> <p><b>Cranberry Meatballs</b><br/>Brown Rice<br/>Green Beans   Parslied<br/>Cauliflower   Tropical Fruit<br/>Baci Roll   Milk</p>           | <p><b>27</b></p> <p><b>Roast Beef w/Brown Gravy</b><br/>Mashed Potatoes<br/>Garlic Butter Veggies<br/>Peaches<br/>9 Grain Bread   Milk</p>   | <p><b>28</b></p> <p><b>Lemon Dill Salmon</b><br/>Rice Pilaf<br/>Dilled Carrots   Peas<br/>Mandarin Oranges<br/>WW Roll   Milk</p>  | <p><b>29</b></p> <p><b>Spaghetti w/Meat Sauce</b><br/>Parslied Cauliflower<br/>Garden Salad<br/>Peaches<br/>French Bread   Milk</p>        |