

Ely Meals on Wheels Five Week Menu for 2023

All Menus Subject to Change Without Notice. This is a 5-week rotating menu. When you reach the end just go back to the top and start over.

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Week Five 12/26-12/30	Swiss Steak Garden Blend Wild Rice Squash Fruit Dinner Roll Brownie	Spaghetti & Meatballs Garlic Bread Fruit Tossed Salad Italian Cream Cake	Beef Pot Roast w/ Gravy Mashed Potatoes Buttered Baby Carrots Dinner Roll Fruit Ambrosia	Fried Chicken Macaroni & Cheese Buttered Corn Dinner Roll 3 Bean Salad Pie	Breaded Cod Rsted Red Skin Wedges Seasoned Veg Blend Fruit Dinner Roll Cake
Week One 1/2 - 1/6	Salisbury Steak Baby Bakers Italian Blend Vegetable Dinner Roll Fruit Lemon Meringue Pie	Ground Beef Fajita w/ Peppers & Onions Spanish Rice Mexican Corn w/ Black Beans Sour Cream & Tortilla Strips Fruit Pudding w/ Topping	Pork Choppette w/ Gravy Dressing Buttered Green Beans Dinner Roll Fruit Peanut Butter Chocolate Dessert	Apricot Polish Sausage Seasoned Rice Brussel Sprouts Dinner Roll Lettuce Salad Jell-o Poke Cake	BBQ Pork Parsley Buttered Potatoes Vegetable Blend Dinner Roll Fruit Chocolate Cup Cake
Week Two 1/9-1/13	Meatloaf Mashed Potatoes w/Gravy Seasoned Vegetable Blend Dinner Roll Fruit Pumpkin Cake	Sliced Roast Pork w/ Gravy Sweet Potatoes Buttered Peas Dinner Roll Fruit Strawberry Jell-O Dessert	Ham Mashed Potatoes Buttered Corn Dinner Roll Fruit Pudding w/Topping	Macaroni & Beef Goulash Buttered Vegetable Blend Dinner Roll Fruit Dessert Bar	Swedish Meatballs Mashed Potatoes Peas & Carrots Dinner Roll Fruit Triple Berry Shortcake
Week Three 1/16-1/20	Fried Chicken Macaroni & Cheese Green Beans Dinner Roll Fruit Pudding Parfait	Beef Pot Roast Parsley Buttered Potatoes Honey Glazed Carrots Dinner Roll Fruit Apple Turnovers	Glazed Ham Au Gratin Potatoes Broccoli & Cauliflower Dinner Roll Fruit Dessert	Chicken Cacciatore over Rotini Vegetable Blend Garlic Bread Tossed Salad Fruit Pineapple Upside Down Cake	Tuna Noodle Hot Dish Mixed Vegetable Dinner Roll Pickled Beets Pie
Week Four 1/23-1/27	Stuffed Peppers Mashed Potatoes Mixed Vegetables Dinner Roll Tossed Salad Lemon Cake	Chicken Kiev Rice Pilaf Buttered Corn Dinner Roll Fruit Pudding Parfait	Ground Beef Taco Hot Dish Salsa/Sour Cream/Cheese/Black Olives/Tom/Guacamole Dinner Roll Fruit Pie	Glazed Ham Scalloped Potatoes Carrots Dinner Roll Fruit Chocolate Cherry Cake	Glazed Salmon Parsley Buttered Potatoes Garden Blend Vegetables Dinner Roll Fruit Dessert Bar

At this time there is NO in person dining. Call Boundary Waters Kitchen @ 218-365-8774 the day before to order your meal. Meals can be picked up at BWCC lobby (door #17) at 11:45am. Call AEOA @ 218-749-2912 to have Meals on Wheels delivered to an area housing unit or for home delivery.