



**MEALS on WHEELS**  
**CHEYENNE**

TOGETHER, WE CAN DELIVER.

# MENU

July Meal  
 Sponsor



<p><b>MONDAY</b>  <b>JULY 8</b></p>	<p>Almond Crusted Tilapia          Apple Sweet Potato Quinoa          Snap Peas          Blueberry Cream Cheese Roll</p>
<p><b>TUESDAY</b>  <b>JULY 9</b></p>	<p>Egg Roll          Stir Fry Veggies          Honeydew Melon          Strawberry Rhubarb Crumble</p>
<p><b>WEDNESDAY</b>  <b>JULY 10</b></p>	<p>Cheesesteak Tortellini          Sautéed Spinach          Patty Pan Squash          Peach Cobbler Cookies</p>
<p><b>THURSDAY</b>  <b>JULY 11</b></p>	<p>Garden Enchiladas          Crispy Potatoes          Fresh Tangerine          Mexican Chocolate Cookie Bar</p>
<p><b>FRIDAY</b>  <b>JULY 12</b></p>	<p>Tarragon Chicken Salad          Green Bean Salad          Dragonfruit          Root Beer Float Cake</p>

*If you need to cancel your meal  
 please contact our office  
 before 8:30am  
 at (307) 635-5542.*

**MENU SUBJECT TO CHANGE BASED ON  
 AVAILABILITY AND DIETARY RESTRICTIONS**