



LUTHERAN COMMUNITY SERVICES
 *3848 S Junett ST * Tacoma * 98409
 MEALS ON WHEELS MENU
 Direct: 253-722-5684 Fax: 253-597-6456

Name: _____ Phone: _____

Address: _____ City: _____ Zip: _____

Date Ordered: _____ Scheduled Delivery Date: _____

New Freedom Copes Private Pay Marie's Purse Other

Order Qty	Diet	Item #	Meal Description
	R	4	Macaroni with Cheese Sauce and Green Beans
		57	BBQ Chicken Patty with Rice and Beans
	R D	13	Braised Beef with Mashed Potatoes and Gravy, Peas and Carrots
	D	20	Meatloaf, Mashed Potatoes, Beef Gravy, Green Beans
	D	56	Meat Lasagna with Green Beans
	R	88	Bean & Cheese Burrito with Rice and Corn
		60	Spaghetti and Meatballs
		6	Creamy Chicken Alfredo with Pasta and Peas
	LS H R D	77	Breaded Fish Patty with Rice and Vegetable
	D	3	BBQ Beef Sloppy Joe with Potatoes and Vegetables
	R D	64	Chicken Patty with Ranchero Sauce, Rice and Green Beans
		26	Creamy Tuna Casserole with Pasta and Vegetables
	LS H D	53	Baked Ziti with Tomato Sauce
		19	Meat Chili with Rice and Vegetables
		1	Chicken Burrito with a Rice Melody and Vegetables
	LS H D	660	Beef Pepper Steak with Rice
	LS H R D	62	Turkey & Mashed Potatoes
	D	72	Chicken Fried Beef Patty with Mashed Potatoes & Gravy
		60A	Spaghetti with Meat Sauce
	LS H R	7	Chicken Teriyaki with Rice & Vegetables
	R D	68	Salisbury Steak with Gravy, Mashed Potatoes & Vegetables
	H D	5	Beef & Turkey Cheese Pizza Wrap with Potatoes & Carrots
	LS H R D	66	Beef Vegetable Stew with Rice & Carrots
BREAKFASTS			
	H R D	30	Cheesy Egg Omelet with Sweet Rice and O'Brien Potatoes
	LS H R D	35	Breakfast Burrito with Ranchero Sauce Sauce & Sweet Rice
	LS H R D	43	Turkey Sausage Patty, Scrambled Eggs and Potatoes
	LS H R D	37	Peach Pie Burrito, Scrambled Eggs, Potatoes O'Brien
	R D	40	Biscuits and Gravy with Ground Beef and O'Brien Potatoes
	H R D	803	Huevos Rancheros with Cheesy Grits

(All meals are made according to senior nutrition guidelines. They all come with a roll, margarine pat & nonfat dry milk packet)

0 Total Qty. **\$0.00** Total Cost Received by: _____