



**Mobile Meals of La Crosse, Inc.**

**Mailing Address:** P.O. Box 1643  
La Crosse, WI 54602-1643

**Office Address:** 2600 Quarry Road  
La Crosse, WI 54601-3939

*Weekday ph. 608-784-4623*  
*LaCrosseMobileMeals@gmail.com*  
*mobilemealsoflacrosse.org*

**WEEK 1**

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
Cheesy Chicken Alfredo Bake	Pulled Pork	Baked Cajun Cod	Savannah Meatloaf	Braised Pork Loin	Sesame Crusted Cod	Roast Beef & Demi Glace
Roasted Tomatoes	Macaroni & Cheese	White Rice	Smashed Red Potatoes	White Rice	Scallion Potatoes	Parmesan Garlic Hashbrowns
Baby Carrots	Garlic & Spice Roasted Broccoli	Smokey Collard Greens	Fresh Roasted Rosemary Carrots	Szechuan Green Beans	Broccoli Rabe, Garlic, & Chilies	Fresh Green Beans
Orange Gelatin	Diced Pears	Graham Crackers	Vanilla Pudding	Red Seedless Grapes	Vanilla Wafers	Diced Peaches
Whole Wheat Bread	Whole Wheat Hamburger Bun	Whole Wheat Bread	Whole Wheat Bread	Whole Wheat Bread	Whole Wheat Bread	Whole Wheat Bread
2% Milk	2% Milk	2% Milk	2% Milk	2% Milk	2% Milk	2% Milk

**EXTENDED MEAL**

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
Big Daddy Turkey Sandwich	Turkey Breast	Cranberry Chicken Salad Sandwich	Tasty Turkey Sandwich	Egg Salad	Grilled Chicken Breast	Ham and Swiss Sandwich
Whole Wheat Bread	Croissant			Kaiser Roll	Whole Wheat Bread	
Lettuce Leaf	American Cheese	Garden Green Side Salad	Vinegar Coleslaw	Lettuce Leaf	Sliced Provolone Cheese	Potato Salad
Fresh Fruit Cup	Kale Salad		Citrus Gelatin	Fruit Cocktail	Coleslaw	

WEEK 2						
SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
Hamburger Patty	Pulled Pork	Barbacoa Beef	Rotisserie Chicken	Penne Pasta with Italian Meatball & Marinara Sauce	Chicken Tikka Masala	Lemon Pepper Pork Loin
Garlic & Herb Roasted Potatoes	Baked Sweet Potato	Cilantro Lime Rice	Buttermilk Chive Mashed Potatoes		Basmati Rice	Potato Wedges
Roasted Cauliflower	Garlic & Spice Roasted Broccoli	Grilled Peppers & Onions	BBQ Carrots	Giardinera Roast Vegetables	Curry Roast Cauliflower & Red Peppers	Green Peas
Fruit Cup	Petite Side Salad	Mandarin Orange Sections	Spinach Side Salad	Oatmeal Raisin Cookie	Pineapple Tidbits	Petite Side Salad
Whole Wheat Hamburger Bun	Whole Wheat Bread	6" Flour Tortilla	Whole Wheat Bread	Whole Wheat Bread	Whole Wheat Bread	Whole Wheat Bread
2% Milk	2% Milk	2% Milk	2% Milk	2% Milk	2% Milk	2% Milk
EXTENDED MEAL						
SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
Tuna Salad Sandwich on Whole Wheat Bread	Turkey Sandwich on White Bread	Roast Beef & Swiss Sandwich on Wheat Bread	Egg Salad	Ham & Swiss Sandwich	Corned Beef Sandwich on Rye Bread	Chicken Caesar Wrap
			Kaiser Roll			
Red Seedless Grapes	Lorna Doone Cookies	Diced Peaches	Diced Pears	Mandarin Orange Sections	Sliced Beets	Cubed Pineapple
WEEK 3						
SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
Baked Chicken Tenders	Cajun Chicken	Spicy Thai Basil Pork Stir Fry	Oven Fried Chicken Breast	Barbecue Beef Brisket	Sesame Crusted Cod	Pot Pie
Macaroni & Cheese	White Rice	Brown Fried Rice	Mashed Potatoes	Macaroni & Cheese	Scallion Potatoes	Dinner Roll
Seasoned Green Beans	Roasted Root Vegetables	Sesame Broccoli & Carrots	Garlic & Spice Roasted Broccoli	Tomato & Cucumber Salad	Parmesan Creamed Spinach	Snow Peas
Cubed Honeydew	Fruit Cup	Sugar Cookie	Apple Crisp	Roasted Corn	Peaches	Cubed Pineapple
Whole Wheat Bread	Whole Wheat Bread	Whole Wheat Bread	Whole Wheat Bread	Whole Wheat Bread	Whole Wheat Bread	Whole Wheat Bread
2% Milk	2% Milk	2% Milk	2% Milk	2% Milk	2% Milk	2% Milk
EXTENDED MEAL						
SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
Big Daddy Turkey Sandwich	Roast Beef & Cheddar Sandwich	Poppy Seed Chicken Salad	Ham Sandwich on White Bread	Tuna Salad	Sliced Turkey Breast (Reduced Sodium)	Deluxe Grilled Chicken
			Celery Sticks	White Bread	Hoagie Roll	White Bread
Greek Side Salad	2% Low Fat Cottage Cheese	Whole Grain Bread	Baby Carrots	Lettuce Leaf	Baby Spinach	Petite Side Salad
		Fruit Cocktail		Diced Pears	Petite Side Salad	

WEEK 4						
SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
Sweet Soy Pork	Southern Smothered Pork Chops	Chile Margarita Spiced Chicken Thigh	Island Style Curry Chicken	Chicken Cacciatore with Penne Pasta and Marinara Sauce	Tomato Braised Beef	Garlic Herb Pork Loin Dijon Roasted Potato Salad
Steamed Rice	Garlic Mashed Potatoes	Cilantro Lime Rice	Basmati Rice	Garlic & Spice Roasted Broccoli	Brown Rice	Tomato & Cucumber Salad
California Blend Vegetables	Country Style Green Beans	Seasoned Black Beans	Okra & Tomatoes		Curry Roasted Cauliflower	Roasted Butternut Squash
Citrus Gelatin	Mandarin Orange Sections	Fresh Fruit Cup	Mandarin Orange Sections	Sugar Cookie	Diced Peaches	Applesauce
Whole Wheat Bread	Dinner Roll	Whole Wheat Bread	Whole Wheat Bread	Garlic Breadstick	Whole Wheat Bread	Whole Wheat Bread
2% Milk	2% Milk	2% Milk	2% Milk	2% Milk	2% Milk	2% Milk
EXTENDED MEAL						
SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
Roast Beef & Swiss Sandwich	Chicken Caesar Wrap	Corned Beef on Rye Bread	Egg Salad	Thinly Sliced Smoked Ham	Turkey Sandwich on White Bread	Tuna Salad
			Kaiser Roll	Whole Wheat Bread	Sliced Provolone Cheese	Kaiser Roll
			Lettuce Leaf	Sliced Reduced Fat Swiss Cheese	Julienne Sun Dried Tomatoes	Lettuce Leaf
Petite Side Salad	Baked Potato Chips	Fresh Fruit Cup	Citrus Almond Wild Rice Salad	Lettuce Leaf	Baby Spinach	Mandarin, Pineapple, & Grapes
				Sliced Tomatoes	Pesto Sauce	
				Cubed Watermelon	Blueberry Feta Side Salad	