



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
Chicken Alfredo with Broccoli	Pork Chop with Gravy	Lasagna	Turkey with Gravy	Pulled Pork	Lemon Herb Cod with Dill Sauce	Roast Beef with Gravy
Dill Carrots	Sour Cream Chive Mashed Potatoes	Roasted Mushrooms	Garlic Mashed Potatoes	Macaroni and Cheese	Wild Rice	Parmesan Hashbrowns
Roasted Tomatoes	Roasted Vegetables	Zucchini and Squash	Broccoli	Corn	Carrots	Green Beans
Green Salad	Watermelon	Spinach Salad	Beets	Coleslaw	Cottage Cheese	Peaches
Orange Gelatin	Graham Crackers	Grapes	Apple Crisp	Red Gelatin	Vanilla Wafers	Vanilla Pudding
Whole Wheat Bread	Whole Wheat Bread	Whole Wheat Bread	Whole Wheat Bread	Hamburger Bun	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 Wheat	Turkey And Cheese Croissant	Berry Pecan Chicken Salad Sandwich	Roast Beef Wrap	Egg Salad Sandwich	Grilled Chicken And Provolone Sandwich	Hamand Swiss Sandwich
Fresh Fruit Cup	Kale Salad	Barley Almond Salad	Pesto Medley Salad	Fruit Cocktail	Coleslaw	Pineapple

WEEK 2						
SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
Swiss Steak	Chicken Marsala	Chicken Fajita	Fish with Fruit Salsa	Beef Brisket	Italian Meatballs	Lemon Pepper Pork
Brown Rice	Egg Noodles	Spanish Rice	Pineapple Rice	Sour Cream Garlic Mashed Potatoes	Penne with Marinara	Roasted Potatoes
Roasted Cauliflower	Asparagus	Peppers and Onions	Glazed Carrots	Corn with Pimento	Italian Vegetables	Peas
Coleslaw	Green Salad	Black Bean and Corn Salad	Cottage Cheese	Green Salad	Broccoli and Cauliflower Salad	Citrus Garder Salad
Fruit Cocktail	Chocolate Chip Cookie	Citrus Gelatin	Sugar Cookie	Oreos	Red Gelatin	Applesauce
Whole Wheat Bread	Whole Wheat Bread	Flour Tortilla	Whole Wheat Bread	Whole Wheat Bread	Whole Wheat Bread	Whole Whea 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 on Wheat	Turkey and Cheddar on White	Roast Beef and Swiss on Wheat	Egg Salad Sandwich	Ham and Swiss Sandwich	Corned Beef and Swiss on Rye	Harvest Chick Salad
Grapes	Couscous Salad	Diced Peaches	Tomato Cucumber Salad	Mandarin Oranges	Sliced Beets	Pineapple

WEEK 3						
SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
Chicken Tenders	Meatloaf	Meatballs with Mushroom Gravy	Turkey with Gravy	London Broil	Honey Glazed Salmon	Chicken Pot F
Macaroni and Cheese	Mashed Potatoes with Gravy	Egg Noodles	Garlic Mashed Potatoes	Hashbrown Casserole	Dijon Roasted Potatoes	Puff Pastry
Brussels Sprouts	Broccoli	Sautéed Vegetable Medley	Tomato Basil Summer Squash	Balsamic Root Veggies	Carrots	Sugar Snap P
Celery and Carrot Sticks	Green Salad	Tomato Cucumber Salad	Beets	Watermelon	Coleslaw	Pineapple
Honeydew	Chocolate Chip Cookie	Mandarin Oranges	Chocolate Pudding	Apple Crisp	Cantaloupe	Vanilla Waf
Whole Wheat Bread	Whole Wheat Bread	Whole Wheat Bread	Whole Wheat Bread	Whole Wheat Bread	Whole Wheat Bread	Dinner Ro
2% Milk	2% Milk	2% Milk	2% Milk	2% Milk	2% Milk	2% Milk
EXTENDED MEAL						
SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDA
Egg Salad on White	Roast Beef and Cheddar Sandwich	Poppy Seed Chicken Salad Pita	Ham and Cheese Croissant	Tuna Salad on White	Turkey and Mozzarella Hoagie	Grilled Chic and Chedd Sandwich
Apricots	Cottage Cheese	Fruit Cocktail	Celery and Carrot Sticks	Pears	Fruit and Grain Salad	Coleslaw

WEEK 4						
SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
Sweet Soy Pork	Roast Beef and Gravy	Southwest Beef	Meat Sauce	Fire Braised Chicken	Potato Crusted Cod	Garlic Herb Pork Loin
White Rice	Fingerling Potatoes	Spanish Rice	Spaghetti	Parmesan Mashed Potatoes	Potato Wedges	Roasted Rosemary Potato
Stir Fry Veggie Blend	Roasted Carrots	Southwestern Grilled Vegetables	Asparagus	Sugar Snap Peas	Green Beans	Butternut Squash
Mandarin Oranges	Spinach Salad	Shredded Cheese, Lettuce, Tomato	Cucumbers with Hummus	Green Salad	Broccoli and Cauliflower Salad	Tomato Cucumber Salad
Citrus Gelatin	Shortbread Cookies	Graham Crackers	Oatmeal Raisin Cookie	Chocolate Chip Cookie	Oreos	Applesauce
Whole Wheat Bread	Whole Wheat Bread	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
Roast Beef and Swiss Sandwich	Chicken Caesar Wrap	Corned Beef and Swiss on Rye	Egg Salad Sandwich	Ham and Swiss Sandwich	Pesto Turkey and Provolone on White	Tuna Salad Sandwich
Greek Salad	Baked Potato Chips	Fresh Fruit Cup	Brown Rice Salad	Watermelon	Blueberry Feta Salad	Mixed Fruit

WEEK 5						
SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
Turkey Burger with Cheese	Chicken Parmigiana	Meatballs with Mushroom Gravy	Grilled Shrimp	London Broil	Battered Fish	Chicken Tenders
Potato Chips	Linguine with Marinara	Egg Noodles	Mashed Sweet Potatoes	Au Gratin Potatoes	Potato Wedges	Macaroni and Cheese
Grilled Zucchini and Squash	Tomato Basil Green Beans	Parmesan Roasted Carrots	Broccoli	Brussels Sprouts	Roasted Cauliflower	Sugar Snap Peas
Celery and Carrot Sticks	Green Salad	Pineapple	Cottage Cheese	Citrus Garden Salad	Coleslaw	Spinach Salad
Strawberries	Watermelon	Orange Gelatin	Graham Crackers	Vanilla Wafers	Honeydew and Cantaloupe	Fruit Cocktail
Hamburger Bun	Dinner Roll	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
Harvest Chicken Salad on Wheat	Roast Beef and Cheddar Sandwich	Turkey and Cheddar on Rye	Egg Salad Sandwich	Grilled Chicken and Swiss Sandwich	Ham and Cheese Croissant	Tuna Salad on White
Peaches	Kale Salad	Spinach Strawberry Salad	Garbanzo Bean Salad	Potato Salad	Citrus Garden Salad	Cucumbers and Carrots w/Ranch