

## KENMARE WHEELS & MEALS

We do receive some Federal & State funding to assist with food costs, but there is a suggested contribution of \$5.00 per meal  
Suggested contribution means, " pay what you can afford " and each person is responsible for determining what he/she is able to pay

|                                                   |  |
|---------------------------------------------------|--|
| BBQ Chicken, Potatoes and Seasoned Vegetables     |  |
| Cheese Tortellini, Marinara Sauce, Seasoned Peas  |  |
| Cinnamon Oatmeal with Turkey and Egg Scramble     |  |
| Coconut Ginger Chicken, Stir Fry Veggies, Rice    |  |
| General Tsos Chicken with Vegetables and Rice     |  |
| Green Chile Chicken Bowl, Rice, Vegetable Medley  |  |
| Sloppy Joe and Seasoned Corn                      |  |
| Creamy Chicken & Mushroom Casserole, Vegetables   |  |
| Vegetarian Breakfast Skillet and Cheesy Potatoes  |  |
| Creamy Vegetable Risotto with Sweet Potatoes      |  |
| Hawaiian Style Stir Fry Rice and Fruit Medley     |  |
| Chicken Bacon Ranch Pasta and Seasoned Vegetables |  |
| Whole Wheat Pasta with Pesto Sauce and Vegetables |  |
| Strawberries & Cream Oatmeal and Scrambled Eggs   |  |
| Teriyaki Stir Fry Vegetables over Rice and Fruit  |  |
| Southwestern Style Chicken, Vegetable Hash & Rice |  |
| Ham Patty, Cheesy Potatoes, and Cinnamon Apples   |  |
| Cheesy Egg & Turkey Scramble, Cran Rice Pudding   |  |
| French Toast Sticks and Cheese Omelet             |  |
| Mexican Style Beef Mac & Cheese, Fiesta Blend Veg |  |
| French Toast Sticks and Chipotle Berry Sauce      |  |
| Beef Little Smokies, Baked Beans and Seasoned Veg |  |
| Beef Soft Tacos with Cheese & Santa Fe Style Rice |  |
| Tomato Soup with Pretzel Bites                    |  |
| Pasta & Meatballs and Seasoned Vegetables         |  |
| total                                             |  |

|                                                    |  |
|----------------------------------------------------|--|
| Beef Goulash, Whole Wheat Pasta & Seasoned Veg     |  |
| Cowboy Breakfast Skillet and Cranberry Apple Crisp |  |
| Pork Sausage Breakfast Burrito and Fruit Medley    |  |
| Beef Pepper Steak, Gravy over Pasta & Fruit Crisp  |  |
| Chicken Teriyaki with Stir Fry Vegetables and Rice |  |
| Chicken Alfredo Pasta, Seasoned Vegetables         |  |
| Cheesy Chicken, Rice, & Broccoli, and Fruit        |  |
| Whole Grain Pancakes, Pork Sausage and Fruit Crisp |  |
| Breakfast Sandwich and Fruit Medley                |  |
| Cheese Omelet, French Toast Sticks & Fruit Compote |  |
| Cheese Omelet, Ham Patty and Spiced Fruit Medley   |  |
| Cheeseburger and Cinnamon Apples                   |  |
| Cheesy Egg Scramble with Ham, Apples & Cranberries |  |
| Homestyle Meatloaf with Pasta, Seasoned Vegetables |  |
| Homestyle Meatloaf, Potatoes, Seasoned Vegetables  |  |
| Korean Style BBQ Meatballs, Rice & Vegetables      |  |
| Meatball Marinara Sandwich and Fruit Crisp         |  |
| Pork Sausage Breakfast Skillet & Fruit Crisp       |  |
| Swedish Style Meatballs over Pasta and Vegetables  |  |
| Salisbury Steak, Savory Gravy, Rice and Vegetables |  |
| Sweet & Sour Chicken, Stir Fry Vegetables and Rice |  |
| Buttermilk Pancakes, Egg Patty and Fruit Crisp     |  |
| Cheese Ravioli, Garlic Butter Sauce and Vegetables |  |
| Macaroni & Cheese and Seasoned Vegetables          |  |
| Chicken & Vegetable Pot Pie Soup and Fruit Crisp   |  |
| total                                              |  |

Mail order form to KWM @ 221 Central Ave N Kenmare, ND 58746- Or Call in @ 701.385.4364

Its as easy as 1-2-3-!

- 1.YOU CHOOSE ENTREES 10,14, OR 21 MEALS
- 2.MAIL OR CALL IN ORDER/DELIVERED TO YOUR HOME
- 3.PREPARE AT YOUR LEISURE

Follow the microwave heating instructions & enjoy in minutes

NAME: \_\_\_\_\_

ADDRESS: \_\_\_\_\_

CITY,STATE,ZIP \_\_\_\_\_

PHONE: \_\_\_\_\_

CONTRIBUTION ENCLOSED: \_\_\_\_\_

VOUCHERS ACCEPTED \_\_\_\_\_