



AUGUST 2023



August 2

Egg Roll Bowl
Cheeseburger- asparagus
Swedish Meatballs/pasta
Sausage, Potato & Green Beans
Cauliflower Bake (cheddar Beef)
Cherry Cobbler

August 9

Chicken Tetraxini
Tuna Noodle Casserole/veggie
Garlic Bread Pizza
Beef Tips- Potato Salad
Rigatoni Bolognese
Zucchini Bread

August 16

BBQ Meatballs, Sweet
Potato/veggie
Chicken Ranch Lasagna
Pork Chop, potato, applesauce
Stuffed pepper Soup
French Toast Casserole
Vanilla Cupcakes

August 23

Ham/Swiss Sub, Wedges
Shrimp Pasta, veggies, cheddar
Bisquit
Shepards Pie
Sloppy Joe - slaw
Chicken Fajitas
Peach Cobbler Rolls

August 16

Turkey wrap, Bacon Brussels
Supreme Taco Pasta
Tator Tot Casserole/peas
Tortellini with Salad
Fish over rice/veggies
Snickerdoodle Cookies

5 meals for \$35
10 meals for \$70
dessert \$5 additional

Whole Heart Kitchen
by The Meal Prep Life
1544 Michigan Street, Sidney
937-489-8821

Pick up every
Wednesday
10-5
Local Delivery \$3