

June 2026 Kenosha County Meals on Wheels

HH-MOW

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
1	2	3	4	5
Meatloaf w Gravy Mashed Potatoes Tomatoes, Bread Orange	Eggs w Biscuits & Gravy Hash Browns, Banana Apple Cobbler	Roast Beef Au Gratin Potatoes Carrots & Chives Roll, Mixed Fruit	Glazed Chicken Brown Rice Broccoli, Bread Jello, Cookie	Turkey Pasta Salad Lettuce, Tomato Tri-Bean Salad Cranberry Roll, Pineapple
8	9	10	11	12
Pork Rib Baked Potato Cauliflower Rye Bread, Mixed Fruit	Italian Sausage Scalloped Potatoes Brussel Sprouts Melon	BBQ Pulled Chicken Sandwich, Cheddar Mashed Potatoes, Broccoli, Pears	Tuna Salad Sandwich Lettuce, Tomato Bean Medley, Carrots Fruit Cup	Chicken Provence Rice Florentine Veg. Blend Bread, Orange
15	16	17	18	19
Kielbasa Potatoes Bean Casserole Rye Bread, Fruit Cup	Chicken Parmesan Pasta Salad, Salad Greens Tomato, Bread Pineapple	Eggs Lorraine Potatoes O'Brien Fruit Cup, Orange Blueberry Muffin	Meatloaf w Gravy Mashed Potatoes Carrots & Chives Roll, Peaches	CLOSED HOLIDAY
22	23	24	25	26
Meatball Sub Potatoes, Green Beans Orange	Salisbury Steak Mashed Potatoes Cabbage, Carrots Bread, Melon, Cookie	Pizza Calzone Broccoli Veg. Blend, Salad Greens, Mixed Fruit	Lemon Basil Chicken Garden Veg, Applesauce Corn, Black Beans Cranberry Roll	Turkey Sandwich w Cheese, Pea Salad Lettuce, Tomato Pineapple
29	30			
Chicken ala Orange Veg. Rice Pilaf Beans, Bran Muffin Peaches	Beef Sandwich w Mushrooms & Onions, Fries, Corn, Apple			Menu Subject To Change without Notice

SAFE SUMMER EATING



As the weather turns warmer and the sun shines brighter, the increase in potential food safety issues is more prevalent as pathogens grow rapidly at warmer temperatures. There are a number of ways that you can protect yourself and others from a food borne illness.

Produce

- Be sure that your hands are properly washed prior to preparing any food item.
- Cool running water should be used to wash fruits and vegetables prior to eating or preparing.
- A brush can be used on produce that is firm such as melons so that bacteria are properly removed.
- Produce such as bananas and oranges have outer peels that are not consumed but should still be washed prior to peeling to avoid illness.
- Items that come prewashed or ready to eat such as bagged lettuce or cut fruit should not be washed at home to prevent recontamination.
- Fruits and vegetables that are cooked kill bacteria to reduce the risk of illness

Outdoor Eating

If you are going to a picnic or planning to take your food outdoors, be sure to follow the following safety tips.

- Keep your cold food cold by packing a cooler or lunchbox with ice or ice packs. Keep this out of the sun to lengthen the time it will stay cool.
- When food is being served and not stored in a cooler, a



large ice pack can help cool a serving tray/bowl. There are buffet "pools" that allow you to fill with ice or put in a larger bowl with ice and set the serving bowl on top.

- Cold food should be kept at 40 degrees F or colder and should be discarded after two hours. Should the outside temperature be above 90 degrees, it would need to be discarded after 1 hour.
- Food that may be prepared at a picnic or that was brought to the event must stay hot. Placing the containers in an insulated bag, wrapping with a towel or even with a heat source like a sterno and chaffing dish.
 - Hot food should be kept at 140 degrees Fahrenheit and should not sit out more than two hours. Should the outside temperature be above 90 degrees, it would need to be discarded after 1 hour.
- When the meal is complete be sure to put the food back in the coolers or discard.
- Hand washing sinks may be unavailable while eating outdoors. Water jugs with soap and paper towel are an easy way to wash your hands. Moist towelettes for hands or hand sanitizer may be another option if water is unavailable.



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EASY FRUIT SALAD

Recipe courtesy of loveandlemons.com



Ingredients

- 1 medium pineapple, peeled, cored, and chopped into 1/2-inch pieces (about 5 cups)
- 1 pint blueberries
- 3 mandarin oranges, peeled and segmented, or 1 peeled and diced mango or 2 chopped peaches
- 1 pound strawberries, hulled and chopped
- Juice of 1 lime
- 3 kiwis, peeled, quartered lengthwise, and sliced
- Juice of 1 mandarin orange
- 1 tablespoon honey or maple syrup

Instructions

1. In a large bowl, mix together the pineapple, strawberries, kiwi, grapes, blueberries, and mandarins.
2. Make the dressing: In a small bowl, whisk together the lime juice, mandarin juice, and honey.
3. Pour the dressing over the fruit and toss to coat. Serve immediately or cover and chill until ready to serve.
4. Fruit salad keeps well in an airtight container in the refrigerator for up to 2 days.