

MEALS ON WHEELS MENU - APRIL 2019

1 Chicken Breast Patty over Rice Black Beans and Tomatoes Mixed Vegetables WG Bread/Margarine Grape Juice	2 Western Omelet Potatoes O'Brien Strawberry Applesauce WG Bread Peanut Butter Orange Juice	3 Macaroni & Cheese Seasoned Carrot Cuts Green Peas WG Bread/Margarine Pineapple Cup	4 Sliced Turkey with Gravy Cornbread Dressing Butternut Squash Flat Beans WG Bread/Margarine Mixed Fruit	5 Beef Patty with Onion Gravy Mashed Potatoes Rutabaga with Red Pepper WG Bun/Margarine Mini Moon Pie
8 Chicken Stew Green Beans Apple Raisin Fruit WG Bread/Margarine Chocolate Chip Cookie	9 Cavatappi Bolognese Italian Vegetables WG Bread/Margarine Orange-Pineapple Juice	10 Pork Riblet in BBQ Sauce Baked Beans Whole Kernel Corn WW Bread Margarine Chunky Cinnamon Apples	11 Chicken Teriyaki Rice with Stir-fry Vegetables Gingered Carrots WG Bread/Margarine Fresh Fruit	12 Chili Hot Dog Baked Beans Corn w/ Diced Tomato WG Hot Dog Bun Mustard Applesauce
15 Steak Patty with Mushroom Gravy Garlic Mashed Potatoes Squash and Green Bean Medley WG Bread/Margarine Pineapple Cup	16 WG Southern-style Pollock Nuggets Carrots Cheesy Potatoes WG Bread/Margarine Tartar Sauce Citrus Fruit Cup	17 Oven Baked Chicken Yellow Rice with Tomatoes and Chives Green Beans with Red Pepper WG Bread/Margarine Orange-Pineapple Juice	18 Macaroni & Beef Casserole Spinach California Veggies WW Bread Fresh Fruit Mini Moon Pie	19 Good Friday
22 Manicotti Alfredo Peas Italian Vegetable Medley WG Bread Oatmeal Raisin Cookie	23 Batter Dipped Fish Nuggets Garlic Mashed Potatoes Carrots WG Bread/Margarine Mandarin Oranges	24 Sesame Chicken Broccoli Cauliflower w/ Red Pepper WG Bread/Margarine Waffle Grahams Orange Juice	25 Pork Chop Patty Sweet Potatoes Brussels Sprouts WG Bread/Margarine Applesauce	26 Meatloaf with Apple Brown Gravy Skin-on Potatoes Stewed Tomatoes WG Bread Pineapple Cup
29 Chicken Breast Patty over Rice Black Beans and Tomatoes Mixed Vegetables WG Bread/Margarine Grape Juice	30 Western Omelet Potatoes O'Brien Strawberry Applesauce WG Bread Peanut Butter Orange Juice			

All meals served with 1% low-fat white or non-fat chocolate milk. Vegetarian meals available upon request.
WG = Whole Grain; WW = Whole Wheat

**PLEASE REMEMBER TO CALL AT LEAST 48 HOURS IN ADVANCE
IF YOU WILL NOT BE HOME FOR YOUR MEAL. THANK YOU!**

