

MEALS ON WHEELS MENU - APRIL 2019

VEGETARIAN MEALS

1	Cheese Omelet Roasted Potatoes Fruited Granola WG Bread Graham Crackers Orange-Pineapple Juice	2	Manicotti Alfredo Seasoned Peas Italian Vegetables WG Bread Grape Juice	3	Vegetarian Chili Pinto & Carrot Blend Corn Muffin Margarine Apple Juice	4	Macaroni & Cheese Seasoned Carrot Cuts Green Peas WG Bread/Margarine Pineapple Cup	5	Country Egg Skillet w/Potatoes, Tomatoes, Peppers, Mushrooms, Onion, and Cheese Spiced Peaches WG Bread/Margarine Applesauce
8	Black Beans & Rice w/ Corn & Red Pepper Carrots WG Bread/Margarine Peach Cup	9	Cheese Omelet Roasted Potatoes Fruited Granola WG Bread Graham Crackers Orange-Pineapple Juice	10	Macaroni & Cheese Seasoned Carrot Cuts Green Peas WG Bread/Margarine Pineapple Cup	11	Country Egg Skillet w/Potatoes, Tomatoes, Peppers, Mushrooms, Onion, and Cheese Spiced Peaches WG Bread/Margarine Applesauce	12	Eggplant Parmesan Garbanzo Beans WG Bread/Margarine Mandarin Oranges Waffle Grahams
15	Cheese Omelet Roasted Potatoes Fruited Granola WG Bread Graham Crackers Orange-Pineapple Juice	16	Manicotti Alfredo Seasoned Peas Italian Vegetables WG Bread Grape Juice	17	Vegetarian Chili Pinto & Carrot Blend Corn Muffin Margarine Apple Juice	18	Macaroni & Cheese Seasoned Carrot Cuts Green Peas WG Bread/Margarine Pineapple Cup	19	GOOD FRIDAY
22	Black Beans & Rice w/ Corn & Red Pepper Carrots WG Bread/Margarine Peach Cup	23	Cheese Omelet Roasted Potatoes Fruited Granola WG Bread Graham Crackers Orange- Pineapple Juice	24	Macaroni & Cheese Seasoned Carrot Cuts Green Peas WG Bread/Margarine Pineapple Cup	25	Country Egg Skillet w/Potatoes, Tomatoes, Peppers, Mushrooms, Onion, and Cheese Spiced Peaches WG Bread/Margarine Applesauce	26	Eggplant Parmesan Garbanzo Beans WG Bread/Margarine Mandarin Oranges Waffle Grahams
29	Cheese Omelet Roasted Potatoes Fruited Granola WG Bread Graham Crackers Orange-Pineapple Juice	30	Manicotti Alfredo Seasoned Peas Italian Vegetables WG Bread Grape Juice						

All meals served with 1% low-fat white or non-fat chocolate milk. *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!!**

