

Meals on Wheels and More

April 2019

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
1 Penne w/ Meat Sauce Italian Veggie Garden Salad Sliced Pears	2 Mandarin Orange Chicken Over Rice Asian Veggies Broccoli Slaw Cowboy Cookie	3 Beer Bratwurst w/ Red Cabbage Rainbow Potatoes Spinach Salad Sliced Pears	4 Swiss Steak Mashed Potatoes & Gravy Capri Veggies Garden Salad Sliced Peaches	5 Chicken Enchiladas Spanish Rice Pinto Beans Garden Salad Tropical Fruit
8 Cajun Seafood Gumbo (Clams, Scallops, & Shrimp) Over Rice Garden Salad Fresh Apple Slices	9 Chef Salad (Turkey & Egg) Oatmeal Bread Fresh Grapes	10 Pork w/ Apple Chutney Mashed Potatoes Nantucket Veggies Garden Salad Fruit	11 Breakfast Casserole Potatoes O'Brien Orange Juice Fruit & Yogurt	12 Beef Stroganoff w/ Rotelle Pasta Brussels Sprouts Garden Salad Fruit
15 BBQ Chicken Potatoes Colcannon Sweet Petite Peas Garden Salad Fruit	16 Taco Salad Cornbread Orange Wedges	17 Chicken & Dumplings w/ Garden Veggies Spinach Salad Lemon Sorbet	18 Chinese BBQ Pork Fried Rice Egg Roll Mandarin Oranges Fortune Cookie	19 Salmon Filet Wild Rice Pilaf Green Beans Kale Citrus Salad Fresh Fruit
Easter Lunch 22 Ham & Pineapple Au Gratin Potatoes Baby Carrots Garden Salad Strawberry Shortcake	23 Grilled Cheese Veggie Lentil Soup Garden Salad Fresh Grapes	24 Chili Stuffed Baked Potato Cheese & Sour Cream Broccoli Normandy Pineapple Chunks	25 Denver Omelets Roasted Potatoes Roasted Dill Carrots Fruit & Yogurt Parfait	26 Roast Turkey w/ Cranberry Sauce Mashed Potatoes/Gravy Seasonal Veggies Pumpkin Pie
29 Meat Lasagna Italian Veggies Caesar Salad Fruit	30 Florentine Fish Sweet Potato Fries Green Beans Coleslaw Fruit			

All menus are subject to change due to food cost and availability **Gluten Free entrée avail (ask) and Entrée Salad avail. daily.**