

## Meals on Wheels APRIL 2020 Menu – Contact Debbie at 651-653-3123

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SAT	SUN
<b>Call 651-3123 to Order</b> <b>ALT Meal in yellow or</b> <b>Weekend &amp; Choice Meals in</b> <b>Light Green</b>		1	2	3	4	5
		<b>Rosemary Chicken</b> Roasted Potatoes Sweet Peas Warm Peaches Dinner Roll & Butter	<b>Baked Rotini Pasta</b> Pork sausage & tomato sauce, Italian Veggies Mandarin Oranges Sugar Cookie ALT: Turkey Sausage	<b>Chicken Enhilada</b> Bake California Veggies Corn & Peppers Choc. Chip Cookie	<b>Sloppy Joe</b> Delivered Thurs 4/2	<b>Breakfast Sandwich</b> Delivered Thurs 4/2
6	7	8	9	10	11	12
<b>Roast Turkey</b> w/gravy, Green Beans, Stuffing Mixed Fruit M & M Cookie	<b>Beef Quesadilla</b> Spanish Rice Peppers & Onion Fruit Cocktail	<b>Beef Lasagna</b> Broccoli & baby carrots Dinner Roll w/butter Blueberry Muffin	<b>Cheesy Ham &amp; Broccoli Casserole</b> Scandinavian veggies Applesauce ALT: Chicken casserole	<b>Tuna Melt</b> on toast w/Cheddar Cheese Peas & Carrots Sugar Cookie ALT: Chicken Melt	<b>Beef Pot Roast</b> Delivered Thurs 4/9	<b>Rosemary Chicken</b> Delivered Thurs 4/9
13	14	15	16	17	18	19
<b>SW Turkey Bowl</b> Spanish Rice Corn & Bean Salsa Vegetable Blend Coffee Cake Fruit Cocktail	<b>Greek Lemon Chicken</b> Roasted Potatoes Diced Carrots Dinner Roll & Butter Mandarin Oranges	<b>Spaghetti w/meat sauce</b> Steamed Broccoli Dinner Roll & Butter Peach Crumble	<b>Baked Ham w/citrus Glaze</b> , Baked potato Brussel Sprouts Dinner Roll & Butter Diced Pears ALT: Baked Chicken	<b>Parmesan Crusted Fish</b> , Brown Rice, California Veggies, Baby Carrots, Snickerdoodle cookie ALT: Parm. Chicken	<b>Salisbury Steak</b> Delivered Thurs 4/16	<b>Roast Turkey</b> Delivered Thurs 4/16
20	21	22	23	24	25	26
<b>Pork Stir Fry</b> Brown Rice Asian Veggie Blend, Warm Sliced Apples Chocolate Cookie ALT: Chicken Stir Fry	<b>Beef Tips in Gravy</b> Over Egg Noodles Peas & Carrots Fresh Fruit Mix	<b>Cuban Beef</b> Black Beans & Rice, Veggies, Plums Bread Pudding	<b>Turkey Tetrazzini</b> Diced turkey & veggies in white sauce over egg Noodles Steamed Broccoli Spice Cookie	<b>Jamaican Chicken</b> Mashed Sweet Potato, Okra & Tomatoes Dinner Roll & Butter Fruit Cocktail	<b>Chili Mac Casserole</b> Delivered Thurs 4/23	<b>Orange Chicken</b> Delivered Thurs 4/23
27	28	29	30	<b>ALL Meals are served with your Choice of 1% Milk OR a variety of Juices</b>		May 2
<b>Chili Mac Casserole</b> Green Beans Baked Apples Cranberry Date Muffin	<b>Breakfast Hash</b> Cheesy Egg Scramble over Roasted Potatoes, Turkey sausage links, Warm Peas, English muffin	<b>Baked Chicken Casserole</b> shredded chicken, onion, spinach & cream sauce, Zucchini Warm Peaches	<b>Herb Roasted Pork</b> Mashed Sweet potatoes, Lima Beans Dinner roll & butter Oatmeal Choc. Cookie ALT: Roasted Chicken			<b>Beef Pot Roast</b> Delivered Thurs 4/30

### APRIL CHOICE MEALS Call 651-653-3123

1. Beef Pot Roast      2. Roast Turkey      3. Breakfast Sandwich      4. Parmesan Fish