

Meals on Wheels April 2021 Menu – Contact Debbie at 651-653-3123

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SAT	SUN	
ALL Meals are served with Choice of 1% Milk OR Juice variety		Call 651-653-3123 to Order ALT Meal in yellow OR Weekend Meals		1 Rosemary Chicken Breast w/roasted potatoes, sliced beets Warm peaches Dinner roll & butter	2 Cheesy Ham & Broccoli Casserole Scandinavian Veggies Zucchini Muffin ALT: Chicken & Broccoli Casserole	3 Salisbury Steak Delivered Thurs 4/1	4 Turkey Tetrazzini Delivered Thurs 4/1
				5 Greek Chicken Pasta w/artichoke hearts & sundried tomato Sweet peas, applesauce & oatmeal butterscotch cookie	6 Beef Meatloaf Mashed potatoes California veggies Dinner roll Fruit cocktail	7 Herb Roasted Pork w/gravy, mashed sweet potatoes, Green beans, Dinner roll, Date & Fig cookie ALT: Herb Chicken	8 Baked Mahi Mahi Fish pieces in creamy spinach sauce over egg noodles, Italian Veggies Chocolate Pudding ALT: Baked Chicken
12 Tuna Melt Tuna salad topped w/cheddar cheese, California veggies, Wheat bread Sugar Cookie ALT: Chicken Melt	13 Baked Ham mustard apple glaze, Scalloped potatoes, Green peas Dinner roll Fresh Fruit cup ALT: Baked Chicken	14 Roast Turkey (breast) w/gravy, stuffing, Brussel sprouts, Diced peaches, Pumpkin spice muffin	15 Spaghetti w/meat sauce Baby Carrots Steamed Broccoli Peach cobbler cookie	16 Beef Chili, Ground beef & beans in tomato sauce, Sliced carrots Applesauce Corn muffin	17 Beef Pot Roast Delivered Thurs 4/15	18 Orange Chicken Delivered Thurs 4/15	
19 Beef Stew Onions, potatoes & carrots in gravy Sweet Peas Pineapple, Dinner roll	20 SW Turkey Bowl Ground turkey over Spanish rice, corn & bean salsa, veggie blend, Brownie	NEW 21 NEW Turkey Burger Mashed potato, Green beans, Fruit cocktail, Burger bun & condiments	22 Beef Lasagna Steamed broccoli Warm Pears Oatmeal breakfast cookie	23 Parmesan Crusted Fish, Brown Rice, California Veggies, Baby Carrots, cookie ALT: Parm. Chicken	24 Spaghetti w/meat sauce Delivered Thurs 4/22	25 Rosemary Chicken Delivered Thurs 4/22	
26 Beef Sloppy Joe Mashed potatoes Diced carrots Fresh fruit Mix Whole wheat bun	27 Turkey Tetrazzini Mixed Veggies, egg noodles, cream sauce, Broccoli, Baked apples Spice Cookie	28 Sweet & Sour Chicken Pineapple & peppers, Asian Vegetables, Brown Rice & Cinnamon coffee cake Muffin	NEW 29 NEW Ground Beef Noodle Casserole Broccoli Baby Carrots Diced Pears	30 Chix Enchilada Bake Chicken, veggies w/cheese & sauce, Corn & peppers Veggie blend Choc. Chip cookie	May 1 Chili Mac Casserole Delivered Thurs 4/29	May 2 Roast Turkey Delivered Thurs 4/29	

April CHOICE MEALS Call 651-653-3123

1. Roast Turkey 2. Spaghetti w/meat sauce 3. Baked Ham 4. Parmesan Fish