


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

MONDAY 3	TUESDAY 4	WEDNESDAY 5	THURSDAY 6	FRIDAY 7	SAT 8	SUN 9
<b>Chili Mac Casserole</b> Ground beef & noodles in tomato sauce Green beans Baked apples M&M cookie	<b>Rosemary Chicken</b> Breast w/roasted potatoes, sliced beets Warm peaches Dinner roll & butter	<b>Cheesy Ham &amp; Broccoli Casserole</b> Scandinavian Veggies Zucchini Muffin <b>ALT: Chicken &amp; Broccoli Casserole</b>	<b>Beef Pot Roast</b> Beef & gravy w/mashed potatoes, peas & carrots Dinner roll Molasses Cookie	<b>Hungarian Chicken</b> Grilled chicken w/mushrooms, onions, tomato & spices over barley, Brussel sprouts Fruit cocktail	<b>Beef Chili</b>  Delivered Thurs 5/6	<b>Turkey Tetrazzini</b>  Delivered Thurs 5/6
10	11	12	13	14	15	16
<b>Beef Meatloaf</b> Mashed potatoes California veggies Dinner roll Fruit cocktail	<b>Herb Roasted Pork</b> w/gravy, mashed sweet potatoes, Green beans, Dinner roll, Date & Fig cookie <b>ALT: Herb Chicken</b>	<b>Baked Mahi Mahi</b> Fish pieces in creamy spinach sauce over egg noodles, Veggies, Choc. Pudding <b>ALT: Baked Chicken</b>	<b>Breakfast Hash</b> Cheesy egg scramble over roasted potatoes Turkey sausage links Warm pears English Muffin	<b>Greek Chicken Pasta</b> w/artichoke hearts, & sundried tomato Sweet peas, Applesauce & oatmeal butterscotch cookie	<b>Sloppy Joe</b> Delivered Thurs 5/13	<b>Sweet &amp; Sour Chicken</b> Delivered Thurs 5/13
17	18	19	20	21	22	23
<b>Baked Ham</b> mustard apple glaze, Scalloped potatoes, Brussel sprouts, Dinner roll Fresh Fruit cup <b>ALT: Baked Chicken</b>	<b>Roast Turkey (breast)</b> w/gravy, stuffing, Green beans, Diced peaches, Pumpkin spice muffin	<b>Spaghetti w/meat sauce</b> Steamed Broccoli Peach cobbler cookie	<b>Beef Chili</b> , Ground beef & beans in tomato sauce, Sliced carrots Applesauce Corn muffin	<b>Tuna Melt</b> Tuna salad topped w/cheddar cheese, California veggies, Wheat bread Sugar Cookie <b>ALT: Chicken Melt</b>	<b>Beef Pot Roast</b> Delivered Thurs 5/20	<b>Orange Chicken</b> Delivered Thurs 5/20
24	25	26	27	28	29	30
<b>SW Turkey Bowl</b> Ground turkey over Spanish rice, corn & bean salsa, veggie blend, Brownie	<b>Turkey Burger</b> Mashed potato, Green beans, Fruit cocktail, Burger bun & condiments	<b>Beef Lasagna</b> Steamed broccoli Baby carrots Warm Pears Oatmeal breakfast cookie	<b>Parmesan Crusted Fish</b> , Brown Rice, California Veggies, Baby Carrots, cookie <b>ALT: Parm. Chicken</b>	<b>Beef Stew</b> Onions, potatoes & carrots in gravy Sweet Peas Pineapple, Dinner roll	<b>Spaghetti w/meat sauce</b> Delivered Thurs 5/27	<b>Rosemary Chicken</b> Delivered Thurs 5/27
<b>CLOSED 31</b>	April showers Bring May Flowers		Call 651-653-3123 to Order <b>ALT Meal in yellow</b> OR Weekend Meals. ALL Meals are served with Choice of 1% Milk OR Juice variety			
<b>Turkey Tetrazzini</b> Frozen meal will be delivered on Friday May 28						

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

1. Rosemary Chicken    2. Beef Pot Roast    3. French Toast Bake    4. Parmesan Fish