APRIL 2023
ROSEVILLE AREA SENIOR PROGRAM / MEALS ON WHEELS MENU

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
3 Beef Stroganoff Egg Noodles California Blend Vegetables Chilled Peaches Roll	**4** Roast Beef Fluffy Whipped Potatoes Winter Blend Vegetables Chilled Fruit	**5** Sloppy Tom's (Turkey) on a Whole Grain Bun Baked Chips Steamed Peas & Carrots Warm Apple Slices Pudding	**Holiday Meal 6** Ham with Pineapple Au Gratin Potatoes Peas and Carrots Wheat Roll Cake	**7** **CLOSED** **GOOD FRIDAY** **NO MEALS ON WHEELS**
10 Lu's Homemade Meatloaf Fluffy Whipped Potatoes Monterey Blend Vegetables Chilled Fruit	**11** Chicken Parmesan over Spaghetti Noodles Steamed Italian Vegetables French Bread Chilled Pineapple Brownie	**12** Beef & Broccoli Steamed Brown Rice Steamed Capri Vegetables Banana	**National Peach Cobbler Day 13** Spaghetti with Meat Sauce Steamed Green Peas French Bread Chilled Fruit Peach Cobbler Diabetic - Peach Slices	**14** Chicken Thighs in BBQ Sauce Seasoned Cubed Potatoes Steamed Hot Vegetable Mixed Fruit
17 Crispy Chicken Patty on a Whole Grain Bun Baked Beans Cheesy Hashbrowns Mandarin Oranges	**18** Beef Lasagna French Bread Italian Blend Vegetables Chilled Mixed Fruit Cookie	**19** Lemon Pepper Tilapia Rice Pilaf Chef's Choice of Vegetable Chilled Fruit	**20** Beef Pot Roast Mashed Potatoes Steamed Carrots Freshly Baked Wheat Roll Pear	**21** Turkey Tetrazzini Warm Biscuit Steamed Hot Vegetable Chilled Fruit Brownie
24 Mushroom Burger on a Whole Grain Bun Seasoned Potatoes Warm 3-Bean Salad Chillded Fruit	**25** Chicken Ala King Warm Buttery Biscuit Fluffy Whipped Mashed Potatoes Steamed Vegetables Blueberries	**26** Tator Tot Hotdish Green Beans Wheat Roll Fruit Coctail Cookie	**27** Swiss Steak Mashed Potatoes California Blend Vegetables Freshly Baked Wheat Roll Banana	**28** Chicken Pot Pie Warm Buttery Biscuit Hot Vegetable Apple Crisp (reg) Sliced Apples (Diab)
	Roseville Area Schools *Quality Teaching & Learning for All* *...Equity in All We Do*	meals on wheels Pea		