



MEALS ON WHEELS

April 2025



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
	1 <u>Southwest Turkey Taco Bowl</u> Black Beans and Rice, Italian Vegetable Blend, a Pineapple Cup, and a Dessert	2 <u>Greek Chicken Pasta</u> Whole Wheat Pasta, Diced Carrots, a Cinnamon Applesauce, and a Dessert	3 <u>Mac and Cheese</u> Peas and a Fruit Cocktail	4 <u>Ginger Soy Fish</u> Brown Rice, an Asian Vegetable Medley, a Pear Cup, and a Dessert <i>Alt: Ginger Soy Chicken</i>
7 <u>Three Cheese Turkey Pasta</u> Whole Wheat Pasta, 5 Way Vegetable Medley, and a Mandarin Orange Cup	8 <u>Cheesy Chicken & Rice Casserole</u> Mixed Vegetable Blend, a Mixed Fruit Cup, and a Dessert	9 <u>Chicken Posole Soup</u> Spanish Brown Rice, a Peach Cup, and a Dessert	10 <u>Cheeseburger</u> Whole Wheat Bun, Cheddar Cheese, Vegetarian Baked Beans, and an Applesauce Cup	11 <u>Baked Fish with Herb Sauce</u> Barley Risotto, Brussel Sprouts, and a Dessert <i>Alt: Baked Chicken with Herb Sauce</i>
14 <u>BBQ Chicken</u> Brown Rice, Chuckwagon Vegetable Blend, a Pineapple Cup, and a Dessert	15 <u>Meatloaf</u> Mashed Potatoes and Gravy, Peas, and an Applesauce Cup	16 <u>Spaghetti with Meat Sauce</u> 5 Way Vegetable Medley and a Peach Cup	17 <u>Tater Tot Hotdish</u> Shredded Cheddar Cheese, Carrot Coins, and a Dessert	18 <u>Mustard Herb Fish</u> Brown & Wild Rice Pilaf, Green Beans, a Pear Cup, and a Dessert <i>Alt: Mustard Herb Chicken</i>
21 <u>Maple Mustard Pork Loin</u> Herb Quinoa, Roasted Root Vegetables, and a Pear Cup <i>Alt: Maple Mustard Chicken</i>	22 <u>Chicken Dumpling Stew</u> Green Beans and an Applesauce Cup	23 <u>Lentil Taco Bowl</u> Spanish Rice, Corn, Carrots, Green Beans, and a Dessert	24 <u>Salisbury Steak</u> Whole Wheat Egg Noodles, Mushroom Gravy, Peas and Carrots, a Mixed Fruit Cup, and a Dessert	25 <u>Baked Cod</u> Sauteed Garlic, Vegetables, Brown Rice, Edamame, a Mandarin Orange Cup, and a Dessert <i>Alt: Baked Chicken</i>
28 <u>Beef Lasagna</u> Tuscan Vegetable Medley and a Peach Cup	29 <u>Fish Taco Bowl</u> Cuban Beans and Rice, Pineapple Mango Salsa, Corn and Apple Slices <i>Alt: Chicken Taco Bowl</i>	30 <u>Chicken Chili</u> Cilantro Lime Brown Rice, Pineapple Cup, and a Dessert		

We do our best to accommodate choices however meal substitutions may be necessary based on availability. To contact Meals on Wheels call (651) 748-7266. Beverage choice of milk or juice is served with every meal. Call in advance to choose alternative meals. Monthly choice meals are:

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| 1) Sesame Chicken and Vegetables | 3) Squash Casserole |
| 2) Baked Ham with Mustard Apple Glaze | 4) Baked Fish with Herb Sauce |