



MOUNDS VIEW MEALS ON WHEELS

APRIL 2025 MENU

651-621-7950



RAMSEY COUNTY

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
	1	2	3	4
	<p><u>SOUTHWEST TURKEY</u> <u>TACO BOWL</u> Black Beans and Rice Italian Vegetable Blend Fruit Cup Dessert</p>	<p><u>GREEK CHICKEN</u> <u>PASTA</u> Whole Wheat Pasta Diced Carrots Fruit Cup Dessert</p>	<p><u>MAC AND CHEESE</u> Peas Fruit Cup</p>	<p><u>GINGER SOY FISH</u> Brown Rice Asian Vegetable Medley Fruit Cup Dessert <i>Alt: Ginger Soy Chicken</i></p>
7	8	9	10	11
<p><u>THREE CHEESE</u> <u>TURKEY PASTA</u> Whole Wheat Pasta 5 Way Vegetable Medley Fruit Cup</p>	<p><u>CHEESY CHICKEN & RICE CASSEROLE</u> Mixed Vegetable Blend Fruit Cup Dessert</p>	<p><u>CHICKEN POSOLE</u> <u>SOUP</u> Spanish Brown Rice Fruit Cup Dessert</p>	<p><u>CHEESEBURGER</u> Whole Wheat Bun Cheddar Cheese Vegetarian Baked Beans Fruit Cup</p>	<p><u>BAKED FISH WITH HERB SAUCE</u> Barley Risotto Brussel Sprouts Dessert <i>Alt: Baked Chicken with Herb Sauce</i></p>
14	15	16	17	18
<p><u>BBQ CHICKEN</u> Brown Rice Chuckwagon Vegetable Blend Fruit Cup Dessert</p>	<p><u>MEATLOAF</u> Mashed Potatoes and Gravy Peas Fruit Cup</p>	<p><u>SPAGHETTI WITH MEAT SAUCE</u> 5 Way Vegetable Medley Fruit Cup</p>	<p><u>TATER TOT HOTDISH</u> Shredded Cheddar Cheese Carrot Coins Dessert</p>	<p><u>MUSTARD HERB FISH</u> Brown & Wild Rice Pilaf Green Beans Fruit Cup Dessert <i>Alt: Mustard Herb Chicken</i></p>
21	22	23	24	25
<p><u>MAPLE MUSTARD</u> <u>PORK LOIN</u> Herb Quinoa Roasted Root Vegetables Fruit Cup <i>Alt: Maple Mustard Chicken</i></p>	<p><u>CHICKEN DUMPLING STEW</u> Green Beans Fruit Cup</p>	<p><u>LENTIL TACO BOWL</u> Spanish Rice Corn, Carrots, and Green Beans Dessert</p>	<p><u>SALISBURY STEAK</u> Whole Wheat Egg Noodles Mushroom Gravy Peas and Carrots Fruit Cup Dessert</p>	<p><u>BAKED COD</u> Sautéed Garlic Vegetables Brown Rice Edamame Fruit Cup Dessert <i>Alt: Baked Chicken</i></p>
28	29	30		
<p><u>BEEF LASAGNA</u> Tuscan Vegetable Medley Fruit Cup</p>	<p><u>FISH TACO BOWL</u> Cuban Beans and Rice Pineapple Mango Salsa Corn Apple Slices <i>Alt: Chicken Taco Bowl</i></p>	<p><u>CHICKEN CHILI</u> Cilantro Lime Brown Rice Fruit Cup Dessert</p>	<p>BEVERAGE CHOICE OF 1% MILK OR FRUIT JUICE IS SERVED WITH EVERY MEAL</p>	
<p>REMEMBER TO CALL US AT 651-621-7950 AT LEAST 2 BUSINESS DAYS IN ADVANCE TO CANCEL YOUR MEAL DELIVERY OR YOU WILL BE CHARGED FOR THE MEAL</p>				

We do our best to reflect the menu; however, meal substitutions may be necessary based on availability. To contact Meals on Wheels call 651-621-7950.