



# MEALS ON WHEELS

## May 2025



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
			<b>1</b> <u><b>Greek Chicken Pasta</b></u> Whole Wheat Pasta, Diced Carrots, Cinnamon Applesauce, and a Dessert	<b>2</b> <u><b>Butternut Squash Lentil Soup</b></u> Corn, Carrots, Green Beans, and a Dessert
<b>5</b> <u><b>Garlic Parmesan Pork</b></u> Barley Risotto, Corn, Apple Slices, and a Dessert <i>Alt: Garlic Parmesan Chicken</i>	<b>6</b> <u><b>Cheesy Chicken &amp; Rice Casserole</b></u> Mixed Vegetable Blend, Mixed Fruit Cup, and a Dessert	<b>7</b> <u><b>Pasta with Meat Sauce</b></u> Broccoli and a Peach Cup	<b>8</b> <u><b>Chef's Salad *COLD*</b></u> Dinner Roll, Butter, and a Fruit Cocktail	<b>9</b> <u><b>Mustard Herb Roasted Fish</b></u> Brown & Wild Rice Pilaf, Green Beans, a Pear Cup, and a Dessert <i>Alt: Mustard Herb Roasted Chicken</i>
<b>12</b> <u><b>Beef Lasagna</b></u> Peas and a Peach Cup	<b>13</b> <u><b>Baked Fish w/ Spinach Cream Sauce</b></u> Whole Wheat Penne Pasta, Brussel Sprouts, a Mandarin Orange Cup, and a Dessert <i>Alt: Baked Chicken w/ Spinach Cream Sauce</i>	<b>14</b> <u><b>Lemon Feta Turkey Orzo Pasta</b></u> Mixed Vegetable Blend and a Dessert	<b>15</b> <u><b>Butternut Squash Lentil Soup</b></u> Herbed Quinoa Pilaf and a Dessert	<b>16</b> <u><b>BBQ Chicken</b></u> Brown Rice, Chuckwagon Vegetable Blend, and a Cinnamon Applesauce Cup
<b>19</b> <u><b>Salisbury Steak</b></u> Whole Wheat Egg Noodles, Mushroom Gravy, Peas and Carrots, and a Mixed Fruit Cup	<b>20</b> <u><b>Baked Ham Dinner w/ Apple Mustard Glaze</b></u> Mashed Potatoes, Corn, Carrots, Green Beans, a Fruit Cocktail, and a Dessert <i>Alt: Baked Chicken Dinner</i>	<b>21</b> <u><b>Chicken Dumpling Stew</b></u> Green Beans and an Applesauce Cup	<b>22</b> <u><b>Spring Harvest Salad *COLD*</b></u> Pineapple Cup and a Dessert	<b>23</b> <u><b>Fish Taco Bowl</b></u> Cuban Beans and Rice, Pineapple Mango Salsa, Corn, and a Whole Fresh Pear <i>Alt: Chicken Taco Bowl</i>
<b>26</b> <u><b>CLOSED</b></u> NO DELIVERY ON THIS DAY	<b>27</b> <u><b>Meatloaf</b></u> Mashed Potatoes and Gravy, Mixed Vegetable Blend, and a Cinnamon Applesauce Cup	<b>28</b> <u><b>Chicken Chili</b></u> Cilantro Lime Brown Rice, Apple Slices, and a Dessert	<b>29</b> <u><b>Ginger Soy Fish</b></u> Brown Rice, Asian Vegetable Medley, a Pear Cup, and a Dessert <i>Alt: Ginger Soy Chicken</i>	<b>30</b> <u><b>Primavera Casserole</b></u> Whole Wheat Pasta, Peas and Carrots, 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:

- 1) Breakfast Sandwich
- 2) Beef Quesadilla

- 3) Macaroni & Cheese
- 4) Mustard Herb Roasted Fish