



# MOUNDS VIEW MEALS ON WHEELS

## MAY 2025 MENU

651-621-7950



RAMSEY COUNTY

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p><b>BEVERAGE CHOICE OF 1% MILK OR FRUIT JUICE IS SERVED WITH EVERY MEAL</b></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>		<p><b>1</b> <u>Greek Chicken Pasta</u> Whole Wheat Pasta Diced Carrots Fruit Cup Dessert</p>	<p><b>2</b> <u>Macaroni and Cheese</u> Whole Wheat Pasta Vegetable Fruit Cup Dessert</p>
<p><b>5</b> <u>Garlic Parmesan Pork</u> Barley Risotto Corn Apple Slices Dessert <i>Alt: Garlic Parmesan Chicken</i></p>	<p><b>6</b> <u>Cheesy Chicken &amp; Rice Casserole</u> Mixed Vegetable Blend Fruit Cup Dessert</p>	<p><b>7</b> <u>Pasta with Meat Sauce</u> Broccoli Fruit Cup</p>	<p><b>8</b> <u>Chef's Salad *COLD*</u> Dinner Roll Butter Fruit Cup</p>	<p><b>9</b> <u>Mustard Herb Roasted Fish</u> Brown &amp; Wild Rice Pilaf Green Beans Fruit Cup Dessert <i>Alt: Mustard Herb Roasted Chicken</i></p>
<p><b>12</b> <u>Beef Lasagna</u> Peas Fruit Cup</p>	<p><b>13</b> <u>Baked Fish w/ Spinach Cream Sauce</u> Whole Wheat Penne Pasta Brussel Sprouts Fruit Cup Dessert <i>Alt: Baked Chicken w/ Spinach Cream Sauce</i></p>	<p><b>14</b> <u>Lemon Feta Turkey Orzo Pasta</u> Mixed Vegetable Blend Dessert</p>	<p><b>15</b> <u>Korean-Inspired Ground Beef</u> Vegetable Fruit Cup Dessert</p>	<p><b>16</b> <u>BBQ Chicken</u> Brown Rice Chuckwagon Vegetable Blend Fruit Cup</p>
<p><b>19</b> <u>Salisbury Steak</u> Whole Wheat Egg Noodles Mushroom Gravy Peas and Carrots Fruit Cup</p>	<p><b>20</b> <u>Baked Ham Dinner w/ Apple Mustard Glaze</u> Mashed Potatoes Corn, Carrots, Green Beans Fruit Cup Dessert <i>Alt: Baked Chicken Dinner</i></p>	<p><b>21</b> <u>Chicken Dumpling Stew</u> Green Beans Fruit Cup</p>	<p><b>22</b> <u>Spring Harvest Salad</u> <b>*COLD*</b> Fruit Cup Dessert</p>	<p><b>23</b> <u>Fish Taco Bowl</u> Cuban Beans and Rice Pineapple Mango Salsa Corn Whole Fresh Pear <i>Alt: Chicken Taco Bowl</i></p>
<p><b>26</b> <b>MEMORIAL DAY</b> <b>NO MEAL DELIVERY</b> <b>MONDAY FROZEN MEAL CLIENTS WILL RECEIVE DELIVERY ON TUESDAY THIS WEEK.</b></p>	<p><b>27</b> <u>Meatloaf</u> Mashed Potatoes and Gravy Mixed Vegetable Blend Fruit Cup</p>	<p><b>28</b> <u>Beef Quesadilla</u> Vegetable Fruit Cup Dessert</p>	<p><b>29</b> <u>Ginger Soy Fish</u> Brown Rice Asian Vegetable Medley Fruit Cup Dessert <i>Alt: Ginger Soy Chicken</i></p>	<p><b>30</b> <u>Primavera Casserole</u> Whole Wheat Pasta Peas and Carrots Dessert</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.