



# MOUNDS VIEW MEALS ON WHEELS

## APRIL 2026 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>Chickpea Shakshuka</b> Orzo Feta Cheese Italian Vegetable Blend Dessert</p>	<p><b>Chicken Salad</b> <b>*COLD*</b> Spring Mix Roasted Sweet Potatoes Three Bean Salad Dessert</p>	<p><b>Pumpkin Pasta Bake</b> Peas Dessert</p>
<p><b>Herb Baked Fish</b> Mediterranean Barley Pilaf Roasted Sweet Potatoes Banana <i>Alt: Herb Chicken</i></p>	<p><b>Beef Cottage Pie</b> Dairy Free Mashed Potatoes Carrots, Corn, Peas, and Green Beans Fruit Cup</p>	<p><b>Beef Tacos</b> Corn Tortilla Cilantro Lime Rice Salsa Verde Corn Fruit Cup</p>	<p><b>Chicken Swiss &amp; Mushroom</b> Whole Wheat Egg Noodles Carrots Dessert</p>	<p><b>Garlic Parmesan Pork</b> Wild Rice Pilaf Corn Dessert <i>Alt: Garlic Parmesan Chicken</i></p>
<p><b>Meatloaf</b> Dairy Free Mashed Potatoes Beef Gravy Tuscan Vegetable Blend Dessert_</p>	<p><b>Fish Taco Bowl</b> Cuban Beans and Rice Pineapple Mango Salsa Corn Dessert <i>Alt: Chicken Taco Bowl</i></p>	<p><b>Sweet &amp; Sour Chicken</b> Brown Rice Broccoli Fruit Cup_</p>	<p><b>Mediterranean Veggie Pasta Salad</b> <b>*COLD*</b> Whole Wheat Pasta, Chickpeas, Roasted Vegetables, Italian Dressing, Feta Cheese Dessert_</p>	<p><b>Blueberry Sheet Pan Pancakes</b> Turkey Sausage Breakfast Hash Fruit Cup</p>
<p><b>Mustard Herb Roasted Fish</b> Wild Rice Pilaf Corn Dessert <i>Alt: Mustard Herb Chicken_</i></p>	<p><b>Beef Cabbage Roll Bowl</b> White Rice Peas &amp; Carrots Fruit Cup Dessert_</p>	<p><b>Breakfast Sandwich on English Muffin</b> Turkey Sausage Egg Patty Provolone Cheese Breakfast Potato Hash Banana_</p>	<p><b>Three Cheese Turkey Pasta</b> Whole Wheat Pasta Capri Vegetable Blend Fruit Cup_</p>	<p><b>Macaroni and Cheese</b> Whole Wheat Elbow Noodles Italian Vegetable Blend Dessert_</p>
<p><b>Roast Turkey Dinner</b> Whole Wheat Stuffing Gravy Glazed Carrots Dessert_</p>	<p><b>Tuna Noodle Casserole</b> Whole Wheat Egg Noodles Zucchini, Carrots, and Green Beans Dessert <i>Alt: Chicken Noodle Casserole_</i></p>	<p><b>Chicken Stew w/ Spaetzle</b> Peas Cornbread Muffin Fruit Cup</p>	<p><b>Salisbury Steak</b> Whole Wheat Egg Noodles Tuscan Vegetable Blend Apple Slices</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.