


Meals on Wheels Menu – April 2026

For Changes / Questions Contact: Jamie at 651-653-3123; Text: 612-430-9614; MealsonWheels@isd624.org

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SAT	SUN
		1	2 *COLD*	3	4	5
		Chickpea Shakshuka Orzo, feta cheese Italian vegetable blend Dessert	Chicken Salad Spring Mix, roasted sweet potatoes, three bean salad, dessert	Ham w/ Apple Mustard Glaze Mashed potatoes, brussel sprouts and dessert Alt: Pumpkin Pasta	Three Cheese Pasta w/ Turkey Delivered: Fri, 4/2	Meatloaf Delivered: Fri, 4/2
6	7	8	9	10	11	12
Herb Baked Fish Mediterranean barley pilaf, sweet potatoes, banana ALT: Herb Chicken	Beef Cottage Pie Mashed potatoes, carrots, corn, peas green beans, pear cup	Beef Chili Brown rice, cheddar cheese, cornbread muffin, apple slices	Chicken Swiss & Mushroom Whole wheat egg noodles, carrots, dessert	Garlic Parm Pork Wild rice pilaf, corn, dessert ALT: Garlic Parmesan Chicken	Chicken Wild Rice Hotdish Delivered: Thu, 4/9	Salisbury Steak Delivered: Thu, 4/9
13	14	15	16 *COLD*	17	18	19
Meatloaf Mashed potatoes, gravy, veggie blend, dessert	Fish Taco Bowl Beans, rice, pineapple mango salsa, corn, dessert ALT: Chicken Taco Bowl	Sweet & Sour Chicken brown rice, broccoli, fruit cup	Mediterranean Veggie Pasta Salad Pasta, Chickpeas, Veggies, Italian Dressing, Feta Cheese, Dessert	Ham & Potato Soup Corn, Carrots, Green Beans, Dinner Roll, Cinnamon Applesauce Alt: Potato Soup	Beef Tacos Delivered: Thu, 4/16	Roast Turkey Dinner Delivered: Thu, 4/16
20	21	22	23	24	25	26
Mustard Herb Roasted Fish Wild Rice Pilaf, Corn Dessert Alt: Mustard Herb Chicken	Beef Cabbage Roll Bowl White rice, peas and carrots, applesauce, dessert	Breakfast Sandwich on English Muffin Turkey Sausage, Egg Patty, Provolone Cheese, Potato Hash, Banana	Three Cheese Turkey Pasta Whole wheat pasta, Capri veggies, fruit cup	Macaroni and Cheese Whole Wheat Elbow Noodles, Italian Vegetable Blend Dessert	Ground Pork Fried Rice Delivered: Thu, 4/23	Beef Cottage Pie Delivered: Thu, 4/23
27	28	29	30			
Roast Turkey Dinner Whole Wheat Stuffing Gravy, Glazed Carrots Dessert	Tuna Noodle Casserole Egg Noodles, Zucchini, Carrots, and Green Beans, Dessert Alt: Chicken Noodle Casserole	Chicken Stew w/ Spaetzle peas, cornbread muffin, fruit cup	Salisbury Steak Egg Noodles, Tuscan Vegetable Blend, Apple Slices			

APRIL CHOICE MEALS: 1. Blueberry Sheet Pancakes 2. Beef Lasagna 3. Macaroni and Cheese 4. Mediterranean Fish