MEALS on WHEELS MARTIN COUNTY
TOGETHER, WE CAN DELIVER.

Area Agency on Aging
Palm Beach/Treasure Coast, Inc.
Your Aging Resource Center

APRIL 2020 Meals on Wheels Menu

DEPARTMENT OF ELDER AFFAIRS STATE OF FLORIDA

Kane Center

3/2/2020	3/3/20	4/1/20	4/2/20	4/3/20
		PENNE MEAT SAUCE SWEET BABY CARROTS* CAULIFLOWER FLORETS+ BREAD SLICED PEACHES MARGARINE MILK	BEEF STROGANOFF BUTTERED NOODLES CALIFORNIA BLEND*+ BREAD FRUIT CUP+ MARGARINE MILK	LEMON CHICKEN RICE BRUSSEL SPROUTS PEAS AND CARROTS BREAD PINEAPPLE TIDBITS MARGARINE MILK
4/6/20	**4/7/20**	**4/8/20**	**4/9/20**	**4/10/20**
MEATLOAF MASHED POTATOES CHOPPED SPINACH* BREAD MANDARIN ORANGES+ MARGARINE MILK	SMOTHERED CHICKEN RICE BEETS BROCCOLI AND CARROTS*+ BREAD CINNAMON APPLES+ MARGARINE MILK	MEATBALL MARINARA SPAGHETTI CAULIFLOWER FLORETS + SPRING SQUASH BREAD PEARS+ MARGARINE MILK	TERIYAKI CHICKEN RICE* SAUTEED GREEN BEANS+ SAUTEED CARROTS+ BREAD MANDARIN ORANGES+ MARGARINE MILK	BAKED HAM ROAST YAMS* COLLARD GREENS+ BREAD APPLE SAUCE+ MARGARINE MILK
4/13/20	**4/14/20**	**4/15/20**	**4/16/20**	**4/17/20**
CHICKEN IN WINE SAUCE RICE BEETS BROCCOLI AND CARROTS BREAD JELLO W/FRUIT MARGARINE MILK	SALISBURY STEAK RED GARLIC POTATOES CARROTS* BREAD CINAMMON APPLES+ MARGARINE MILK	SOUTHERN PULLED PORK BBQ BAKED BEANS SAUTEED COLLARD GREENS*+ BREAD SLICED PEACHES* MARGARINE MILK	DICED HAM MAC & CHEESE STEWED TOMATOES BABY GREEN PEAS BREAD CINAMMON APPLES MARGARINE MILK	CHILI OVER RICE CORN NIBLETS BRAISED SPINACH * BREAD MANDARIN ORANGES+ MARGARINE MILK
4/20/20	**4/21/20**	**4/22/20**	**4/23/20**	**4/24/20**
MEAT & VEGETABLE LASAGNA SAUTEED CARROTS CAULIFLOWER FLORETS BREAD SLICED PEACHES MARGARINE MILK	ROSEMARY PORK GARLIC HERB POTATOES BRUSSEL SPROUTS+ BREAD FRUIT COCKKTAIL+ MARGARINE MILK	ORANGE CHICKEN RICE ORIENTAL VEGETABLES+ BREAD APPLE SAUCE+ MARGARINE MILK	TERIAYAKI PORK RICE PILAF CALIFORNIA BLEND BREAD FRUIT COCKTAIL MARGARINE MILK	BEEF PATTY MELT w/onions & cheese MASHED POTATOES BRAISED SPINACH * BREAD MANDARIN ORANGES+ MARGARINE MILK
4/27/20	**4/28/20**	**4/29/20**	**4/30/20**	
SWEDISH MEATBALLS RICE BRAISED CABBAGE+ PEAS AND CARROTS* BREAD APPLE SLICES MARGARINE MILK	GARLIC ROSEMARY TURKEY ROASTED RED POTATOES SAUTEED GREEN BEANS BREAD PINEAPPLE TIDBITS MARGARINE MILK	CHICKEN PARMESAN W/PASTA SUMMER SQUASH MIXED VEGETABLES*+ BREAD FRUIT CUP+ MARGARINE MILK	BEEF STEW MASHED POTATOES* BABY GREEN PEAS+_ BREAD FRUIT COCKTAIL+ MARGARINE MILK	

Meal Pattern Requirement: (Meals provide a minimum of 1/3 RDA).
Meat or alternative = 3oz cooked, edible portion
Vegetables and Fruit= 3(1/1) portions
Bread or equvilent = 1 serving
Fat = 1 teaspoon
*denotes vitamin A requirement. +denotes vitamin C requirements

MEALS SERVED WITH 1% MILK
MENU SUBJECT TO CHANGE WITHOUT NOTICE

WE VALUE YOUR OPINION
PLEASE CALL US AT 223-7825 OR 223-7826 WITH YOUR FEEDBACK…WE LOVE TO HEAR FROM YOU!