



April 2024 Meals on Wheels Menu



Monday 4/1/24	Tuesday 4/2/24	Wednesday 4/3/24	Thursday 4/4/24	Friday 4/5/24
BEEF PATTY MELT w/onions & cheese O'BRIEN POTATOES SPINACH* BREAD ORANGE + HEALTHY HEART SPREAD MILK	SWEDISH MEATBALLS EGG NOODLES* SAUTEED GREEN BEANS+ BREAD PINEAPPLE TIDBITS+ HEALTHY HEART SPREAD MILK	MEAT & CHEESE LASAGNA SAUTEED CARROTS & PEAS* SLICED PEACHES* HEALTHY HEART SPREAD BREAD MILK	MEATLOAF MASHED POTATOES CHOPPED SPINACH* BREAD MANDARIN ORANGES+ HEALTHY HEART SPREAD MILK	SOUTHERN PULLED PORK BBQ BAKED BEANS SAUTEED COLLARD GREENS*+ BREAD SLICED PEACHES* HEALTHY HEART SPREAD MILK
Monday 4/8/24	Tuesday 4/9/24	Wednesday 4/10/24	Thursday 4/11/24	Friday 4/12/24
PORK CHOPS W/SPICED APPLES MASHED SWEET POTATOES BRAISED SPINANCH* BREAD PINEAPPLE TIDBITS* HEALTHY HEART SPREAD MILK	BEEF STROGANOFF BUTTERED NOODLES CALIFORNIA BLEND*+ BREAD FRUIT CUP+ HEALTHY HEART SPREAD MILK	BBQ CHICKEN THIGHS SWEET POTATO* SAUTEED GREEN BEANS+ BREAD PEARS + HEALTHY HEART SPREAD MILK	BAKED HAM ROAST YAMS* COLLARD GREENS+ BREAD APPLE SAUCE+ HEALTHY HEART SPREAD MILK	CHICKEN CACCIATORE PASTA MIXED VEGETABLES*+ BREAD BANANA+ HEALTHY HEART SPREAD MILK
Monday 4/15/24	Tuesday 4/16/24	Wednesday 4/17/24	Thursday 4/18/24	Friday 4/19/24
CHILI MAC CORN NIBLETS+ BRAISED SPINACH * BREAD MANDARIN ORANGES+ HEALTHY HEART SPREAD MILK	CHICKEN PICATTA MASHED POTATOES BROCCOLI AND CARROTS BREAD FRUIT COCKTAIL+ HEALTHY HEART SPREAD MILK	SWEET AND SOUR CHICKEN RICE ORIENTAL VEGETABLES+ BREAD APPLE SAUCE+ HEALTHY HEART SPREAD MILK	PORK CHILI RICE CORN NIBLETS+ BREAD FRUIT COCKTAIL+ HEALTHY HEART SPREAD MILK	BACON CHEESEBURGER MAC ZUCCHINI BABY GREEN PEAS+ BREAD CINAMMON APPLES+ HEALTHY HEART SPREAD MILK
Monday 4/22/24	Tuesday 4/23/24	Wednesday 4/24/24	Thursday 4/25/24	Friday 4/26/24
BEEF BURRITO W/CHILI SAUCE RICE CORN NIBLETS* PEAS AND CARROTS*+ BREAD CINNAMON APPLES+ HEALTHY HEART SPREAD MILK	MEATBALL MARINARA SPAGHETTI CAULIFLOWER FLORETS + SPRING SQUASH BREAD PEARS+ HEALTHY HEART SPREAD MILK	CHICKEN CORDON BLEU RICE* CORN NIBLETS+ PEAS AND CARROTS BREAD PINEAPPLE TIDBITS+ HEALTHY HEART SPREAD MILK	BEEF STEW MASHED POTATOES BABY GREEN PEAS BREAD BANANA+ HEALTHY HEART SPREAD MILK	CHICKEN PARMESAN W/PASTA SUMMER SQUASH MIXED VEGETABLES *+ BREAD FRUIT CUP+ HEALTHY HEART SPREAD BREAD MILK
Monday 4/29/24	Tuesday 4/30/24	WE VALUE YOUR OPINION!! PLEASE CALL US AT 223-7825 OR 223-7826 WITH YOUR FEEDBACK.		WE WOULD LOVE TO HEAR FROM YOU!
STUFFED PEPPERS W/TOMATO SAUCE O'BRIEN POTATOES BREAD CINNAMON APPLES+ HEALTHY HEART SPREAD MILK	TERIYAKI PORK RICE* SAUTEED GREEN BEANS+ SAUTEED CARROTS * BREAD MANDARIN ORANGES+ HEALTHY HEART SPREAD MILK			NOTE: MEALS SERVED WITH 2% MILK MENU SUBJECT TO CHANGE WITHOUT NOTICE
Meal Pattern Requirement: (Meals provide a minimum of 1/4 RDA).	Meat or alternative = 4oz cooked, edible portion Vegetables and Fruit= 4(1/1) portions	Bread or equivalent = 1 serving Fat = 1 teaspoon	*denotes vitamin A requirement	+denotes vitamin C requirements