



MEALS ON WHEELS

April 2021 Menu



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
			1 <u>ROSEMARY CHICKEN</u> seasoned chicken breast with roasted potatoes sliced beets warm diced peaches dinner roll & butter	2 <u>CHEESY HAM & BROCCOLI CASSEROLE</u> ham and veggies mixed with cheesy noodles Scandinavian vegetables zucchini muffin <i>alt: chicken & broc. cass</i>
5 <u>GREEK CHICKEN PASTA</u> with artichoke hearts and sundried tomato sweet peas applesauce oatmeal butterscotch cookie	6 <u>BEEF MEATLOAF</u> mashed potatoes California vegetables dinner roll & butter fruit cocktail	7 <u>HERB ROASTED PORK LOIN</u> with gravy, mashed sweet potatoes green beans multigrain roll & butter date and fig cookie <i>alt: herb roasted chicken</i>	8 <u>BAKED MAHI MAHI (fish)</u> fish fillet pieces in a creamy spinach sauce over egg noodles Italian vegetables homemade chocolate pudding <i>alt: baked chicken</i>	9 <u>BREAKFAST HASH</u> cheesy egg scramble over roasted potatoes turkey sausage warm diced pears English muffin & butter
12 <u>TUNA MELT</u> tuna salad topped with cheddar cheese on toast (served separately) California vegetables sugar cookie <i>alt: chicken melt</i>	13 <u>BAKED HAM</u> with mustard-apple glaze scalloped potatoes Brussel sprouts multigrain roll & butter fresh fruit cup <i>alt: baked chicken</i>	14 <u>ROAST TURKEY DINNER</u> turkey breast with gravy homemade stuffing green beans diced peaches pumpkin spice muffin	15 <u>SPAGHETTI WITH MEAT SAUCE</u> ground beef and tomato sauce with whole wheat noodles baby carrots steamed broccoli peach cobbler cookie	16 <u>BEEF CHILI</u> ground beef and beans in a hearty tomato sauce sliced carrots applesauce corn muffin
19 <u>BEEF STEW</u> with onions, potatoes, and carrots in beef gravy sweet peas diced pineapple dinner roll & butter	20 <u>SOUTHWEST TURKEY BOWL</u> seasoned ground turkey over Spanish rice corn and bean salsa vegetable blend brownie	21 <u>TURKEY BURGER</u> w/ burger bun (separate) & condiments mashed potato green beans fruit cocktail	22 <u>BEEF LASAGNA</u> homemade lasagna steamed broccoli warm pears oatmeal breakfast cookie	23 <u>PARMESAN CRUSTED FISH</u> over brown rice pilaf California vegetables baby carrots snickerdoodle cookie <i>alt: parm crusted chicken</i>
26 <u>BEEF SLOPPY JOE</u> served on whole wheat bun (separately) mashed potatoes diced carrots fresh fruit mix	27 <u>TURKEY TETRAZZINI</u> turkey, mixed veggies, and egg noodles in a cream sauce steamed broccoli baked apples spice cookie	28 <u>SWEET & SOUR CHICKEN</u> with pineapple and peppers Asian vegetable blend brown rice cinnamon coffee cake muffin	29 <u>New! GROUND BEEF AND NOODLE CASSEROLE</u> egg noodles broccoli and baby carrots diced pears	30 <u>CHICKEN ENCHILADA BAKE</u> chicken, tortillas, veggies layered w/ cheese & sauce corn and peppers California veg blend chocolate chip cookie

To reach Meals on Wheels call 651-318-9091. Beverage choice of milk or juice is served with every meal.
Call to order weekend meals. Monthly choice meals are:

- 1) Roast Turkey Dinner
- 2) Spaghetti with Beef Meat Sauce
- 3) Baked Ham
- 4) Ginger Soy Fish