



April 2025 Meals on Wheels Menu



	Tuesday 4/1/25	Wednesday 4/2/25	Thursday 4/3/25	Friday 4/4/25
	CHICKEN A' LA KING	CHEESEBURGER w/onions	SWEDISH MEATBALLS	MEAT & CHEESE LASAGNA
	RICE*	O'BRIEN POTATOES	EGG NOODLES*	SAUTEED CARROTS & PEAS*
	5 WAY VEGETABLE BLEND	SPINACH*	SAUTEED GREEN BEANS+	FRUIT CUP+
	BREAD	BREAD	BREAD	HEALTHY HEART SPREAD
	FRUIT CUP+	FRESH FRUIT+	FRUIT CUP+	BREAD
	HEALTHY HEART SPREAD	HEALTHY HEART SPREAD	HEALTHY HEART SPREAD	MILK
	MILK	MILK	MILK	
Monday 4/7/25	Tuesday 4/8/25	Wednesday 4/9/25	Thursday 4/10/25	Friday 4/11/25
MEATLOAF	SOUTHERN PULLED PORK	PORK CHOPS W/SPICED APPLES	BEEF STROGANOFF	BBQ CHICKEN
MASHED POTATOES	BBQ BAKED BEANS	MASHED SWEET POTATOES	BUTTERED NOODLES	SWEET POTATO*
CHOPPED SPINACH*	SAUTEED COLLARD GREENS*+	SAUTEED GREEN BEANS+	CALIFORNIA BLEND*+	SAUTEED GREEN BEANS+
BREAD	BREAD	BREAD	BREAD	BREAD
FRUIT CUP+	FRUIT CUP+	FRESH FRUIT+	FRUIT CUP+	FRUIT CUP+
HEALTHY HEART SPREAD	HEALTHY HEART SPREAD	HEALTHY HEART SPREAD	HEALTHY HEART SPREAD	HEALTHY HEART SPREAD
MILK	MILK	MILK	MILK	MILK
Monday 4/14/25	Tuesday 4/15/25	Wednesday 4/16/25	Thursday 4/17/25	Friday 4/18/25
BAKED HAM	CHICKEN CACCIATORE	CHILI MAC	CHICKEN MARSALA	SWEET AND SOUR CHICKEN
ROAST YAMS*	PASTA	5 WAY VEGETABLE BLEND	MASHED POTATOES	RICE
COLLARD GREENS+	ITALIAN VEGETABLE BLEND	BREAD	PEAS AND CARROTS	ORIENTAL VEGETABLES+
BREAD	BREAD	MANDARIN ORANGES+	BREAD	BREAD
FRUIT CUP+	FRUIT CUP+	HEALTHY HEART SPREAD	FRUIT CUP+	FRUIT CUP+
HEALTHY HEART SPREAD	HEALTHY HEART SPREAD	MILK	HEALTHY HEART SPREAD	HEALTHY HEART SPREAD
MILK	MILK		MILK	MILK
Monday 4/21/25	Tuesday 4/22/25	Wednesday 4/23/25	Thursday 4/24/25	Friday 4/25/25
TURKEY PATTY W/CRANBERRY	BACON CHEESEBURGER MACARONI	SLOPPY JOE	MEATBALL MARINARA	CHICKEN CORDON BLEU
ROAST YAMS	5 WAY VEGETABLE BLEND	BAKED BEANS	SPAGHETTI	RICE*
GREEN BEANS +	BREAD	CORN NIBLETS+	ITALIAN VEGETABLE BLEND	CORN NIBLETS+
BREAD	FRUIT CUP+	BREAD	BREAD	PEAS AND CARROTS
FRESH FRUIT+	HEALTHY HEART SPREAD	FRUIT CUP+	FRUIT CUP+	BREAD
HEALTHY HEART SPREAD	MILK	HEALTHY HEART SPREAD	HEALTHY HEART SPREAD	FRUIT CUP+
MILK		MILK	MILK	HEALTHY HEART SPREAD
				MILK
Monday 4/28/25	Tuesday 4/29/25	Wednesday 4/30/25		
BEEF STEW	CHICKEN PARMESAN W/ PASTA	STUFFED PEPPERS	NOTE: MEALS SERVED WITH 2% MILK MENU SUBJECT TO CHANGE WITHOUT NOTICE	WE VALUE YOUR OPINION!! PLEASE CALL US AT 223-7825 OR 223-7826 WITH YOUR FEEDBACK. WE WOULD LOVE TO HEAR FROM YOU!
MASHED POTATOES	ITALIAN VEGETABLE BLEND	W/TOMATO SAUCE		
BABY GREEN PEAS	BREAD	O'BRIEN POTATOES		
BREAD	FRUIT CUP+	BREAD		
FRUIT CUP+	HEALTHY HEART SPREAD	FRESH FRUIT+		
HEALTHY HEART SPREAD	MILK	HEALTHY HEART SPREAD		
MILK		MILK		
<small>Meal Pattern Requirement: (Meals provide a minimum of 1/4 RDA).</small>	<small>Meat or alternative = 4oz cooked, edible portion Vegetables and Fruit= 4(1/1) portions</small>	<small>Bread or equivalent = 1 serving Fat = 1 teaspoon</small>	<small>*denotes vitamin A requirement</small>	<small>+denotes vitamin C requirements</small>