

APRIL 2026 Meals on Wheels Menu

		Wednesday 4/1/26	Thursday 4/2/26	Friday 4/3/26
		ITALIAN SAUSAGE ONIONS AND PEPPERS O'BRIEN POTATOES HOT DOG ROLL FRUIT CUP+ HEALTHY HEART SPREAD MILK	CHICKEN A' LA KING RICE* 5 WAY VEGETABLE BLEND BREAD FRESH FRUIT+ HEALTHY HEART SPREAD MILK	CHEESEBURGER w/onions O'BRIEN POTATOES SPINACH* BREAD FRESH FRUIT+ HEALTHY HEART SPREAD MILK
Monday 4/6/26	Tuesday 4/7/26	Wednesday 4/8/26	Thursday 4/9/26	Friday 4/10/26
SWEDISH MEATBALLS EGG NOODLES* SAUTEED GREEN BEANS+ BREAD FRUIT CUP+ HEALTHY HEART SPREAD MILK	MEAT & CHEESE LASAGNA SAUTEED CARROTS & PEAS* FRESH FRUIT+ BREAD HEALTHY HEART SPREAD MILK	MEATLOAF MASHED POTATOES CHOPPED SPINACH* BREAD FRUIT CUP+ HEALTHY HEART SPREAD MILK	SOUTHERN PULLED PORK BBQ BAKED BEANS CORN NIBLETS+ BREAD FRESH FRUIT+ HEALTHY HEART SPREAD MILK	PORK CHOPS W/GRAVY MASHED SWEET POTATOES SAUTEED GREEN BEANS+ BREAD FRESH FRUIT+ HEALTHY HEART SPREAD MILK
Monday 4/13/26	Tuesday 4/14/26	Wednesday 4/15/26	Thursday 4/16/26	Friday 4/17/26
BEEF STROGANOFF BUTTERED NOODLES CALIFORNIA BLEND*+ BREAD FRUIT CUP+ HEALTHY HEART SPREAD MILK	BBQ CHICKEN SWEET POTATO* SAUTEED GREEN BEANS+ BREAD FRESH FRUIT+ HEALTHY HEART SPREAD MILK	BAKED HAM ROAST YAMS* CORN NIBLETS+ BREAD FRESH FRUIT+ HEALTHY HEART SPREAD MILK	CHICKEN CACCIATORE PASTA ITALIAN VEGETABLE BLEND BREAD FRESH FRUIT+ HEALTHY HEART SPREAD MILK	CHILI MAC 5 WAY VEGETABLE BLEND BREAD FRESH FRUIT+ HEALTHY HEART SPREAD MILK
Monday 4/20/26	Tuesday 4/21/26	Wednesday 4/22/26	Thursday 4/23/26	Friday 4/24/26
CHICKEN MARSALA MASHED POTATOES PEAS AND CARROTS BREAD FRUIT CUP+ HEALTHY HEART SPREAD MILK	SWEET AND SOUR CHICKEN RICE ORIENTAL VEGETABLES+ BREAD FRESH FRUIT+ HEALTHY HEART SPREAD MILK	TURKEY PATTY W/CRANBERRY ROAST YAMS GREEN BEANS + BREAD FRESH FRUIT+ HEALTHY HEART SPREAD MILK	BACON CHEESEBURGER MACARONI 5 WAY VEGETABLE BLEND BREAD FRESH FRUIT+ HEALTHY HEART SPREAD MILK	SLOPPY JOE BAKED BEANS CORN NIBLETS+ BREAD FRESH FRUIT+ HEALTHY HEART SPREAD MILK
Monday 4/27/26	Tuesday 4/28/26	Wednesday 4/29/26	Thursday 4/30/26	
MEATBALL MARINARA SPAGHETTI ITALIAN VEGETABLE BLEND BREAD FRUIT CUP+ HEALTHY HEART SPREAD MILK	CHICKEN CORDON BLEU RICE* 5 WAY VEGETABLE BLEND BREAD FRESH FRUIT+ HEALTHY HEART SPREAD MILK	BEEF STEW MASHED POTATOES BABY GREEN PEAS BREAD FRUIT CUP+ HEALTHY HEART SPREAD MILK	CHICKEN PARMESAN W/PASTA ITALIAN VEGETABLE BLEND BREAD FRESH FRUIT+ HEALTHY HEART SPREAD MILK	
Meal Pattern Requirement: (Meals provide a minimum of 1/4 RDA). ***MENU SUBJECT TO CHANGE WITHOUT NOTICE. NOTE: MEALS SERVED WITH 2% MILK		Meat or alternative = 4oz cooked, edible portion Bread or equivalent = 1 serving Fat = 1 teaspoon	*denotes vitamin A requirement WE VALUE YOUR OPINION! PLEASE CALL LUS AT 223-7825 OR 223-7826 WITH YOUR FEEDBACK. WE WOULD LOVE TO HEAR FROM YOU!	+denotes vitamin C requirements