

Meals on Wheels Menu

April 2026

Monday	Tuesday	Wednesday	Thursday	Friday
<p>APRIL SHOWERS Bring MAY FLOWERS</p>		Spinach & onion quiche Brown rice pilaf w/ vegetables California mixed veggies Wheat roll Red delicious apple	1 Scalloped potatoes w/ turkey & cheddar Peas w/ mushrooms Yogurt parfait Biscuit	2 Baked meatloaf Gravy Mashed potato Broccoli florets Oatmeal cookies Dinner roll
6 Cream of broccoli w/ cheddar Crackers Sliced carrots Vanilla parfait yogurt Wheat bread	7 Pork stew w/ potato & vegetables Italian blend veggies Peaches White dinner roll	8 Shepherd's pie w/ mashed potato Diced carrots Peaches Wheat bread	9 Beef stew w/ vegetables Brussel sprouts Applesauce cake muffin Whole grain biscuit	10 Chicken brest w/ cacciatore sauce & tomatoes Egg noodles Diced beets Pears Wheat roll
13 Beef steak w/ sauce Seasoned home fries Peas & carrots Pumpkin chip cookie Wheat bread	14 Pork roast Mushroom gravy Ranch beans Mixed vegetables Pineapple tidbits Wheat bread	15 Meatballs in marinara Cavatapi pasta Spinach Gelatin w/ oranges Wheat bread	16 Chicken breast Poultry gravy Brussel sprouts Mixed vegetables Seasonal fruit Wheat roll	17 Mild chili Rice pilaf Green peas w/ pearl onions Peaches Cornbread
20 Chicken breast BBQ sauce Baked beamns Broccoli florets Applesauce Wheat bread	21 Zucchini egg bake Pasta shell w/ tomatoes Italian blend veggies Seasonal fruit Wheat roll	22 Swedish meatballs Rotini pasta Sliced carrots Green beans Pineapple tidbits Wheat bread	23 Turkey burger Rosemary gravy Confetti rice Capri blend veggies Pumpkin pudding Wheat bread	24 Chicken biscuit Whole grain biscuit Spinach Cauliflower Apple crisp
27 Oven fried chicken Whipped potatoes Beets Mixed fruit Wheat bread	28 Cheese revoli Beef spaghetti sauce Green peas Diced carrots Fruited yogurt parfait Wheat bread	29 Turkey Au Gratin Mixed beans Seasonal fruit Biscuit	30 Goulash Broccoli Spiced peaches Wheat roll	

Milk and bread are served with meals. A dietetic dessert is available upon request. The menu is subject to change.

Questions? Contact Erik Baker, Associate Director of Community Programs, at 603-352-2253