


Meals on Wheels Menu

May 2026

Monday	Tuesday	Wednesday	Thursday	Friday
				Pork roast Horseradish brown sauce Rosemary roasted potatoes Green beans Pudding w/ pineapple Wheat bread 1
Chicken breast w/ honey ginger glaze Confetti rice Asian blend vegetables Strawberry applesauce Wheat roll 4	Swedish meatballs Rotini pasta Sliced carrots Green beans Wheat bread Pineapple tidbits 5	Cheese rolette Florentine sauce Peas & carrots Wheat roll Pumpkin cookie 6	Taco meat Taco sauce Mexican corn Pinto beans Flour torillas - 2 ea. Fresh orange 7	Diced balsamic chicken breast Garlic rotini Brussel sprouts Wheat roll Peas 8
Pernil - pulled pork Home fries Sliced carrots Wheat hamburger bun Mixed fruit 11	Chicken chow mein Capri blend vegetables Chow mein noodles Brown rice pilaf Pineapple tidbits 12	Salisbury steak Steakhouse sauce Whipped potatoes Garden blend vegetables Whole wheat bread Gelatin w/ fruit 13	Shepherd's pie w/ corn Mashed potatoes Diced carrots Wheat bread Peaches 14	Beef stew Brussel sprouts Whole grain biscuit Applesauce cake muffin 15
Chicken breast w/ cacciatore sauce & tomatoes Egg noodles Diced beets Wheat roll Pears 18	Beefsteak Home fries Peas & carrots Wheat bread Pumpkin chip cookie 19	Pork roast Mushroom gravy Ranch beans Mixed vegetables Wheat bread Pineapple tidbits 20	Meatballs in marinara Cavatappi pasta w/ sauce Spinach Wheat bread Gelatin w/ oranges 21	Chicken breast Poultry gravy Brussel sprouts Mixed vegetables Wheat roll Watermelon 22
CLOSED  25	Mild chili w/ beef & beans Rice pilaf Green peas w/ pearl onions Cornbread Peaches 26	Chicken breast BBQ sauce Baked beans Broccoli Applesauce Wheat bread 27	Zucchini egg bake Pasta w/ tomatoes Italian blend vegetables Wheat roll Macintosh apple 28	Turkey burger Rosemary gravy Confetti rice Capri blend vegetables Wheat bread Pumpkin pudding 29

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