



Meals on Wheels Café Menu

APRIL 2019

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FOR SENIORS 60 YEARS AND OLDER

Monday	Tuesday	Wednesday	Thursday	Friday
<p>1</p> <p>Chicken Picatta Barley Seasonal Vegetables</p>	<p>2</p> <p>Mexican Beef & Bean Casserole Yellow & Zucchini Squash</p>	<p>3</p> <p>Pork Raisin Chutney Stewed Greens</p>	<p>4</p> <p>Meatballs Pasta Marinara Italian Vegetables</p>	<p>5</p> <p>Tuna Casserole Broccoli Whole Grain Penne Pasta</p>
<p>8</p> <p>BBQ Chicken Corn & Carrots</p>	<p>9</p> <p>Chicken Dijon Spanish Rice Brussel Sprouts</p>	<p>10</p> <p>Salisbury Steak Spinach Potatoes</p>	<p>11</p> <p>Salmon Risotto In Arboreal Rice Peas & Asparagus</p>	<p>12</p> <p>Chicken Breast Cranberry Apple Gravy Broccoli Polenta</p>
<p>15</p> <p>Beefaroni Steamed Vegetables</p>	<p>16</p> <p>Macaroni with Chicken Squash & Bell Pepper</p>	<p>17</p> <p>Turkey Tetrazzini Whole Grain Pasta Seared Mushrooms</p>	<p>18</p> <p>Beef Meat Loaf Mashed Potatoes Spinach</p>	<p>19</p> <p>Pork Tenderloin Roasted Vegetables Red Potatoes</p>
<p>22</p> <p>Orange Chicken Pineapple Rice Stir-Fry Vegetables</p>	<p>23</p> <p>Chicken Florentine Whole Grain Pasta Seasoned Spinach</p>	<p>24</p> <p>Turkey Meat Loaf Potato Pepper Mix Steamed Spinach</p>	<p>25</p> <p>Beef Stir-Fry Brown Rice Asian Vegetables</p>	<p>26</p> <p>Chicken Pasta Salad Grilled Vegetables</p>
<p>29</p> <p>Pork Loin Grilled Onions, Spinach Scalloped Potatoes</p>	<p>30</p> <p>Turkey Tetrazzini Whole Grain Pasta Seared Mushrooms</p>		<p><i>Menu is subject to change without notice. All meals include 8 oz. of low fat milk, fruit, and a whole wheat roll.</i></p>	<p><i>It costs \$7.00 to produce each meal. A \$4.00 donation per meal is suggested, but any amount is appreciated.</i></p>