


Meals on Wheels APRIL 2022 Menu – Contact Doug at 651-653-3123 or MealsOnWheels@isd624.org

| MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY | SAT | SUN |
|--|--|--|---|---|--|---|
| | | | | 1 | 2 | 3 |
|  | Call 651-653-3123 or email to order ALT Meal in yellow OR Weekend Meals. ALL Meals are served with choice of 1% Milk OR Juice variety | | | Baked Mahi Mahi spinach cream sauce, egg noodles, Italian vegetables, chocolate pudding ALT: Baked Chicken | Salisbury Steak Delivered Thurs 3/31 | Pasta with Meat Sauce Delivered Thurs 3/31 |
| 4 | 5 | 6 | 7 | 8 | 9 | 10 |
| Chicken & Gravy cous cous pasta, vegetable medley, warm diced peaches, cookie | Beef Meatloaf mashed potatoes, diced carrots, fruit cocktail, dinner roll & butter | Breakfast Hash cheesy scrambled eggs over potatoes, turkey sausage, warm diced pears, English muffin & butter | Beef Lasagna broccoli, cookie | Tuna Casserole egg noodles, green beans, cookie ALT: Chicken Casserole | Baked Ham Delivered Thurs 4/7 | Roast Turkey Delivered Tues 4/7 |
| 11 | 12 | 13 | 14 | 15 | 16 | 17 |
| Turkey Tetrazzini turkey & egg noodles in a cream sauce, steamed broccoli, baked apples, cookie | Parmesan Crusted Chicken brown rice pilaf, California vegetables, cookie | BBQ Beef Sandwich multigrain bun, peas and carrots, watermelon | Southwest Chicken Bowl Spanish rice, corn & black bean salsa, vegetable blend, cookie | Mustard Herb Fish grits, vegetable medley, cookie ALT: Mustard Herb Chicken | Meatloaf Delivered Thurs 4/14 | Sesame Noodles and Pork Delivered Thurs 4/14 |
| 18 | 19 | 20 | 21 | 22 | 23 | 24 |
| Beef Sloppy Joe mashed potatoes, diced carrots, peaches, wheat bun | Roast Turkey Dinner w/gravy, stuffing, green beans, diced peaches, pumpkin spice bread | Beef Stroganoff egg noodles, peas, pears | Chicken with Swiss & Mushrooms wild rice pilaf, California veggies, Mandarin oranges, blueberry muffin | Garlic Parmesan Pork Loin mashed sweet potato, green beans, roll & butter ALT: Garlic Parmesan Chicken | Breakfast Hash Delivered Thurs 4/21 | Beef Pot Roast Delivered Thurs 4/21 |
| 25 | 26 | 27 | 28 | 29 | 30 | 5/1 |
| Beef Chili ground beef & beans in tomato sauce, sliced carrots, applesauce, corn muffin | Chicken and Dumplings w/ carrots and potatoes, Brussel sprouts, cinnamon coffee cake muffin | Garlic Salmon wild rice pilaf, peppers & onions, fresh fruit cup ALT: Garlic Chicken | Baked Ham Mashed potatoes, broccoli, roll & butter, Lemon bar ALT: Baked Chicken | Greek Chicken Pasta w/artichoke hearts & sundried tomato, green beans, cookie, fruit cocktail | Garlic Parmesan Pork Loin Delivered Tues 4/28 | Chicken Mushroom & Swiss Delivered Tues 4/28 |

April CHOICE MEALS 651-653-3123 or MealsOnWheels@isd624.org

1. Roast Turkey Dinner 2. Beef Pot Roast 3. Lentil Soup 4. Tuna Casserole