

Meals on Wheels Menu – APRIL 2025

For Changes / Questions Contact: Jamie at 651-653-3123; Text: 612-430-9614; MealsonWheels@isd624.org

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SAT	SUN
	1	2	3	4	5	6
	SW Turkey Bowl black beans & rice, Italian veggies, pineapple cup, dessert	Greek Chicken Pasta whole wheat pasta, diced carrots, cinnamon applesauce, dessert	Mac & Cheese peas, fruit cocktail	Ginger Soy Fish brown rice, Asian veggies, pear cup, dessert ALT: Ginger Soy Chicken	Spaghetti w/ Meat Sauce Delivered: Thu, 4/3	Meatloaf Delivered: Thu, 4/3
7	8	9	10	11	12	13
3 Cheese Turkey Pasta whole wheat pasta, 5- way veggie medley, Mandarin orange cup	Cheesy Chicken & Rice Casserole mixed veggies, mixed fruit cup, dessert	Chicken Posole Soup Spanish brown rice, peach cup, dessert	Cheeseburger whole wheat bun, cheddar cheese, vegetarian baked beans, applesauce	Baked Fish w/ Herb Sauce barley risotto, Brussel's sprouts, dessert ALT: Chicken w/ Herb Sauce	Tater Tot Hotdish Delivered: Thu, 4/10	Salisbury Steak Delivered: Thu, 4/10
14	15	16	17	18	19	20
BBQ Chicken Brown rice, chuckwagon veggies, pineapple cup, dessert	Meatloaf mashed potatoes & gravy, peas, applesauce	Spaghetti w/ Meat Sauce 5- way veggie medley, peach cup	Tater Tot Hotdish shredded cheddar cheese, carrot coins, dessert	Mustard Herb Fish rice pilaf, green beans, pear cup, dessert ALT: Mustard Chicken	Beef Quesadilla Delivered: Thu, 4/17	Baked Ham Delivered: Thu, 4/17
21	22	23	24	25	26	27
Maple Mustard Pork Loin herb quinoa, roasted root veggies, pear cup ALT: Maple Mustard Chicken	Chicken Dumpling Stew green beans, applesauce	Lentil Taco Bowl Spanish rice, corn, carrots & green beans, dessert	Salisbury Steak whole wheat egg noodles, mushroom gravy, peas & carrots, fruit cup, dessert	Baked Cod sauteed garlic veggies, brown rice, edamame, Mandarin orange cup, dessert ALT: Baked Chicken	3 Cheese Pasta w/ Turkey Delivered: Thu, 4/24	Baked French Toast Delivered: Thu, 4/24
28	29	30				
Beef Lasagna Tuscan veggies, peach cup	Fish Taco Bowl Cuban beans & rice, pineapple mango salsa, corn, apple slices ALT: Chicken Taco Bowl	Chicken Chili cilantro lime brown rice, pineapple cup, dessert	All meals have the choice of 1% Milk of a Juice variety			



APRIL CHOICE MEALS: 1. Sesame Chicken & Vegetables 2. Baked Ham w/ Mustard Apple Glaze 3. Squash Casserole 4. Baked Fish w/ Herb Sauce