

Meals on Wheels Menu – APRIL 2024

For Changes / Questions Contact: Doug at 651-653-3123 MealsonWheels@isd624.org

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SAT	SUN
1	2	3	4	5	6	7
Beef Picadillo brown rice, corn, pineapple cup	Turkey Tetrzzini whole wheat egg noodles, carrots, dessert	Tater Tot Hotdish tater tots, shredded cheese, veggie medley, pear cup, dessert	Beef Stew mashed potatoes, green beans, roll, applesauce	Ginger Soy Fish brown rice, Asian veggies, dessert ALT: Ginger Soy Chicken	Salisbury Steak Delivered: Thu, 4/4	Roast Turkey Delivered: Thu, 4/4
8	9	10	11	12	13	14
Pot Roast w/ Gravy mashed potatoes, veggie medley, roll, pear cup	Chicken Enchilada Bake Spanish rice, corn, dessert	Beef Stroganoff whole wheat egg noodles, veggie medley, dessert	Three Cheese Pasta w/ Turkey whole wheat penne, veggie medley, dessert	Parmesan Crusted Fish Barley risotto, Italian veggies, fruit cup ALT: Parmesan Chicken	Baked Ham Delivered: Thu, 4/11	Spaghetti w/ Meat Sauce Delivered: Thu, 4/11
15	16	17	18	19	20	21
Macaroni & Cheese peas, fruit cup, dessert	Rosemary Chicken brown & wild rice cranberry pilaf, veggie medley, dessert	Roast Turkey Dinner gravy , stuffing, green beans, applesauce cup	Coconut Curry Fish white rice, peas, fruit cup, dessert ALT: Coconut Curry Chicken	Beef Meatloaf mashed potatoes, green beans, dinner roll, fruit cup	Beef Tacos Delivered: Thu, 4/18	Orange Chicken Delivered: Thu, 4/18
22	23	24	25	26	27	28
Chicken Wild Rice Soup green beans, fruit cup, dessert	Salisbury Steak whole wheat egg noodles, mushroom gravy, dessert	Garlic Salmon garlic & veggie sauce, brown rice, edamame, peach cup, dessert ALT: Garlic Chicken	BBQ Chicken brown rice w/ corn, vegetarian baked beans, pineapple cup	Baked Ham w/ Mustard Apple Glaze mashed potatoes, green beans, roll, fruit cup ALT: Baked Chicken	Lasagna Delivered: Thu, 4/25	Pot Roast Delivered: Thu, 4/25
29	30	<p>All meals have the choice of 1% Milk or a juice variety</p> 				
Ginger Honey Pork brown rice, broccoli, fruit cup, dessert ALT: Ginger Honey Chicken	Spaghetti w/ Meat Sauce parmesan cheese, California veggies, dessert, peach cup					

APRIL CHOICE MEALS: 1. Turkey Tetrzzini 2. Beef Lasagna 3. Vegetable Egg Bake 4. Parmesan Crusted Fish