



# April Meals on Wheels Cold Menu



Monday	Tuesday	Wednesday	Thursday	Friday
		<b>1</b> <i>Aprils Fools Day</i> GRILLED CHICKEN PASTA SALAD 15g COTTAGE CHEESE 3gm KIDNEY BEAN SALAD 21gm WHOLE GRAIN ROLL 35gm	<b>2</b> TURKEY PESTO WRAP 19GM APPLE SAUCE 11gm MARINATED TOMATOES 2gm	<b>3</b> EGG SALAD ON MIXED GREENS GRAPE TOMATOES 9gm PEARS 9gm BROCCOLI SALAD 10gm WHOLE GRAIN ROLL 35gm
<b>6</b> CHICKEN SALAD ON LEAF LETTUCE CANTALOUPE SLICE 9gm ZUCCHINI SLAW 7gm APPLE SAUCE 11gm WHOLE WHEAT CRACKERS 5gm	<b>7</b> TURKEY TWIST PASTA SALAD 20gm PEARS 9gm MARINATED TOMATOES 2gm WHOLE GRAIN ROLL 35gm	<b>8</b> VEGETARIAN TACO SALAD 29gm COTTAGE CHEESE 3gm RED FLAME GRAPES 14gm TORTILLA CHIPS 20gm SALSA AND RANCH PACKETS	<b>9</b> TURKEY AND SWISS LEAF LETTUCE CREAMY MACARONI SALAD 15gm TROPICAL FRUIT 11gm WHOLE GRAIN BUN 47 gm	<b>10</b> <i>Good Friday</i> CREAMY CRAB AND DILL PASTA 34gm STRAWBERRY YOGURT 9gm MANDARIN ORANGES 13gm WHOLE GRAIN ROLL 35gm
<b>13</b> ZESTY BEEF PASTA SALAD 12gm MARINATED CUCUMBERS 2gm THREE BEAN SALAD 13gm WHOLE GRAIN ROLL 35gm	<b>14</b> HAM SALAD ON GREENS 14gm BROWN RICE AND PEA SALAD 16gm TROPICAL FRUIT 11gm WHOLE GRAIN ROLL 35gm	<b>15</b> HERBED CREAM CHEESE 2gm BROCCOLI AND CAULIFLOWER 5gm MANDARIN ORANGES 13gm BLACK EYED PEA SALAD 16gm WHOLE WHEAT BAGEL 33gm	<b>16</b> CHEF SALAD WITH TURKEY, EGGS, AND TOMATOES 3gm COTTAGE CHEESE 3gm PEACHES 13gm CROUTONS 5gm	<b>17</b> ROTINI AND TUNA PASTA SALAD 26g BROCCOLI SALAD 10gm PINEAPPLE TIDBITS 12gm FRUIT MUFFIN 16gm
<b>20</b> ASIAN CHICKEN SALAD 4gm CAULIFLOWER SALAD 12gm MANDARIN ORANGES 13gm CHOW MEIN NOODLES 9gm	<b>21</b> ISLAND CRAB PASTA SALAD 27gm FRUIT YOGURT WITH GRANOLA 9gm APPLESAUCE 11gm WHOLE GRAIN ROLL 35gm	<b>22</b> SPICY CHICKEN WRAP 23gm THREE BEAN SALAD 13gm CRUSHED PINEAPPLE 12gm	<b>23</b> HONEY CINNAMON CREAM CHEESE 8gm RED GRAPES 14gm BROCCOLI SALAD 10gm WHOLE WHEAT BAGEL 33gm	<b>24</b> CHICKEN CHEDDAR SALAD 5gm TROPICAL FRUIT 11gm COTTAGE CHEESE 3gm CROUTONS 5gm
<b>27</b> TURKEY BOWTIE PASTA SALAD 22gm CRUSHED PINEAPPLES 12gm BLUEBERRY YOGURT 9gm WHOLE GRAIN ROLL 35gm	<b>28</b> TUNA SALAD 12gm MIXED GREENS, EGGS, TOMATOES GARBANZO BEAN SALAD 23gm PINEAPPLE TIDBITS 12gm WHEAT CRACKERS 5gm	<b>29</b> PEPPERONI PASTA 27gm COTTAGE CHEESE 3gm APPLESAUCE 11gm WHOLE GRAIN ROLL 35gm	<b>30</b> HAM AND CHEDDAR WHEAT HAMBURGER BUN LEAF LETTUCE AND MAYO 48gm CREAMY COLESLAW 9gm PEARS 9gm	
<b>Senior Services</b>  866-200-8877	If for any reason you are not available to receive your daily meal, please call ahead of time to cancel. Each meal meets the new A.A.A. approved nutritional guidelines. All meals have between 80-120 grams of carbohydrates. All meals are trans-fat free.			