








April Meals on Wheels Hot Menu



Monday	Tuesday	Wednesday	Thursday	Friday
		1 <i>Aprils Fools Day</i> BBQ PULLED PORK 5gm POTATOES O"BRIEN 12gm CARROT CAKE 23gm WHEAT BUN 26gm	2 CORNED BEEF HASH 28gm SCRAMBLED EGGS 1gm PEACH COBBLER 26 gm FRUIT MUFFIN 16gm	3 BLACKENED TILAPIA 0gm SAUTEED SPINACH 3gm RICE PUDDING 18gm CORNBREAD MUFFIN 30gm
6 QUICHE LORRIANE WITH BACON 18gm POTATOES O"BRIEN 12gm PEACH CRISP 22 gm FRUIT MUFFIN 16gm 	7 MEATLOAF WITH GRAVY 10gm MASHED POTATOES 17gm CORN PUDDING 22gm STEWED TOMTAOES 4gm WHOLE GRAIN ROLL 35gm	8 <i>Easter Meal</i> SHAVED HONEY HAM ROASTED REDSKIN POTATOES GREEN BEAN CASSAROLE BANANA CREAM SHEET CAKE	9 BEEF ENCHILIDA BAKE 13gm CILANTRO RICE PILAF 27gm APPLE COBBLER 26gm WHOLE GRAIN ROLL 35gm 	10 <i>Good Friday</i> VEGETABLE LASAGNA 56gm HARVARD BEETS 8gm BLUEBERRY AND CHERRY CRISP 18gm WHOLE GRAIN ROLL 35gm
13 CHICKEN & RICE CASSAROLE 42gm SAUTEED CARROTS 4 gm WARM CINNAMON APPLES 2gm WHOLE GRAIN ROLL 35gm	14 BEEF STROGANOFF 30gm SPINACH 3gm POACHED PEARS 15gm WHOLE GRAIN ROLL 35gm	15 COUNTRY FRIED CHICKEN 28 gm MASHED POTATOES & GRAVY 17gm SWEET CORN 26gm PEACH COBBLER 26gm WHOLE GRAIN ROLL 35gm	16 HUNGARIAN GOULASH 17gm SWEET AND SOUR CABBAGE 4 gm WARM CINNAMON APPLES 2gm Whole Grain Roll 35gm	17 BBQ CHICKEN THIGHS 2gm COLLARD GREENS 4gm BANANA BREAD PUDDING 17gm BUTTERMILK BISCUITS 27gm
20 PORK ROAST 2gm MASHED POTATOES 17gm CORN, PEAS, CARROTS 6gm RICE PUDDING 18gm WHOLE GRAIN ROLL 35gm	21 HERB ROASTED CHICKEN 0gm BRUSSEL SPROUTS 7gm CHEERY CRISP 19gm WHOLE GRAIN ROLL 35gm	22 BEEF CHILI 22gm WAX BEANS & BELL PEPPERS 5gm BANANA BREAD PUDDING 17gm CORNBREAD MUFFIN 30gm	23 SESAME CHICKEN & RICE 27gm WAX BEANS & BELL PEPPERS 5gm PINEAPPLE UPSIDE DOWN CAKE 28gm CHOW MEIN NOODLES 9gm	24 SPAGHETTI WITH MEAT SAUCE 14gm GREEN BEAN & CARROTS 7gm PEACH CRIPS 22gm WHOLE GRAIN ROLL 35gm
27 VEGETABLE FRITTATA 4gm BLUEBERRY OATMEAL 15gm PORK SAUSAGE LINKS 2gm FRUIT MUFFINS 16gm	28 MACARONI & CHEESE 19gm SAUTEED SPINACH 3gm OATMEAL CAKE BAKE 26 gm WHOLE GRAIN ROLL 35gm	29 BEEF SLOPPY JOES 5gm BAKED BEANS 21gm CHOCOLATE ZUCHINI BAKE 28gm WHOLE GRAIN ROLL 35gm	30 CHICKEN POT PIE 14gm MAPLE GLAZED BABY CARROTS 15gm APPLE CRUMB CAKE 56gm BUTTERMILK BISCUIT 27gm	
Senior Services  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.			