

Meals on Wheels Menu

April 2026

Monday	Tuesday	Wednesday	Thursday	Friday
<p>APRIL SHOWERS Bring MAYFLOWERS</p>		<p>Spinach & onion quiche Brown rice pilaf w/ vegetables California mixed veggies Wheat roll Red delicious apple</p>	<p>Scalloped potatoes w/ turkey & cheddar Peas w/ mushrooms Yogurt parfait Biscuit</p>	<p>Baked meatloaf Gravy Mashed potato Broccoli florets Oatmeal cookies Dinner roll</p>
<p>Cream of broccoli w/ cheddar Crackers Sliced carrots Vanilla parfait yogurt Wheat bread</p>	<p>Pork stew w/ potato & vegetables Italian blend veggies Peaches White dinner roll</p>	<p>Shepherd's pie w/ mashed potato Diced carrots Peaches Wheat bread</p>	<p>Beef stew w/ vegetables Brussel sprouts Applesauce cake muffin Whole grain biscuit</p>	<p>Chicken breast w/ cacciatore sauce & tomatoes Egg noodles Diced beets Pears Wheat roll</p>
<p>Beef steak w/ sauce Seasoned home fries Peas & carrots Pumpkin chip cookie Wheat bread</p>	<p>Pork roast Mushroom gravy Ranch beans Mixed vegetables Pineapple tidbits Wheat bread</p>	<p>Meatballs in marinara Cavatapi pasta Spinach Gelatin w/ oranges Wheat bread</p>	<p>Chicken breast Poultry gravy Brussel sprouts Mixed vegetables Seasonal fruit Wheat roll</p>	<p>Mild chili Rice pilaf Green peas w/ pearl onions Peaches Cornbread</p>
<p>Chicken breast BBQ sauce Baked beans Broccoli florets Applesauce Wheat bread</p>	<p>Zucchini egg bake Pasta shell w/ tomatoes Italian blend veggies Seasonal fruit Wheat roll</p>	<p>Swedish meatballs Rotini pasta Sliced carrots Green beans Pineapple tidbits Wheat bread</p>	<p>Turkey burger Rosemary gravy Confetti rice Capri blend veggies Pumpkin pudding Wheat bread</p>	<p>Chicken biscuit Whole grain biscuit Spinach Cauliflower Apple crisp</p>
<p>Oven fried chicken Whipped potatoes Beets Mixed fruit Wheat bread</p>	<p>Cheese ravioli Beef spaghetti sauce Green peas Diced carrots Fruited yogurt parfait Wheat bread</p>	<p>Turkey Au Gratin Mixed beans Seasonal fruit Biscuit</p>	<p>Goulash Broccoli Spiced peaches Wheat roll</p>	

Milk and bread are served with meals. A dietetic dessert is available upon request. The menu is subject to change.

Questions? Contact Erik Baker, Associate Director of Community Programs, at 603-352-2253