

# Meals on Wheels April 2019 Center 50+ Dining Room

<u>Weeks</u>	<u>Monday</u>	<u>Tuesday</u>	<u>Wednesday</u>	<u>Thursday</u>	<u>Friday</u>
<b><u>Week 1</u></b> April 1st—5th	Three Bean Salad Cheese Ravioli Italian Vegetables Rosemary Bread Pudding	Beet Salad Chili Con Turkey Brown Rice Green Beans Cornbread Pears	Asian Slaw Chicken Stir-Fry Brown Rice Sugar Snap Peas Oranges Fortune Cookie	Corn & Tomato Salad Sloppy Joes Tater Tots Peas & Carrots Hamburger Bun Mixed Fruit	Coleslaw BBQ Chicken Baked Beans Broccoli Dinner Roll Apple Berry Crisp
<b><u>Week 2</u></b> April 8th-12th	Spring Green Mix Chicken Salad Carrots Cucumbers & Tomatoes Dinner Roll Pears	Chicken Salad Carrots Cucumbers Tomatoes Dinner Roll Pears	Mexi-Slaw Chicken Enchiladas Broccoli Chips & Salsa Fruit Salad	Three Bean Salad Spaghetti w/ Meat Sauce Italian Vegetables Sourdough Bread Grapes	Coleslaw Baked Fish or Chicken Tater Tots Brussel Sprouts Dinner Roll Jell-O
<b><u>Week 3</u></b> April 15th—19th	Confetti Salad Beef Stroganoff Italian Vegetables Sourdough Bread Pudding	Coleslaw BBQ Chicken Baked Beans Peas & Carrots Dinner Roll Pears	Carrot Raisin Salad Swedish Meatballs Egg Noodles Broccoli Dinner Roll Mixed Fruit	Asian Slaw Chicken Stir-Fry Brown Rice Sugar Snap Peas Oranges Fortune Cookie	Beet Salad Salmon Cake or Chicken Rice Pilaf Brussel Sprouts Dinner Roll Birthday Cake
<b><u>Week 4</u></b> April 22nd-26th	Spring Green Mix Chicken Salad Carrots & Cucumbers Tomatoes Dinner Roll Pears	House Salad Salisbury Steak Mashed Potatoes Green Beans Dinner Roll Brownie	Beet Salad Chile Con Carne Brown Rice Green Beans Cornbread Mixed Fruit	Peas & Cheese Herb Roasted Chicken Brown Rice Peas & Carrots Dinner Roll Table Grapes	Coleslaw Baked Fish or Chicken Tater Tots Brussel Sprotus Dinner Roll Jell-O
<b><u>Week 5</u></b> April 29th-30th	Three Bean Salad Chicken Casserole Italian Vegetables Rosemary Bread Pudding	Mexi-Slaw Chicken Enchiladas Broccoli Chips & Salsa Angel Food Cake			

Meals on Wheels Office 503-364-2856