

Meals on Wheels April 2019 South Salem Dining Room

| <u>Weeks</u> | <u>Monday</u> | <u>Tuesday</u> | <u>Wednesday</u> | <u>Thursday</u> | <u>Friday</u> |
|---------------|--|--|---|--|--|
| <u>Week 1</u> | 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 |
| <u>Week 2</u> | 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 Tater Tots Brussel Sprouts Dinner Roll Jell-O |
| <u>Week 3</u> | 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 Rice Pilaf Brussel Sprouts Dinner Roll Birthday Cake |
| <u>Week 4</u> | 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 Tater Tots Brussel Sprouts Dinner Roll Jell-O |
| <u>Week 5</u> | 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