

APRIL - Meals on Wheels Lunch Menu - Provided by AgeSpan

Meals are served daily at the Senior Center from 11:30 to 11:45am. Sign up with Jenn in the kitchen in advance at the Senior Center weekday mornings.
To arrange for home delivery please call AgeSpan at 1-800-892-0890.

Monday	Tuesday	Wednesday	Thursday	Friday
		1 Served Cold Egg Salad Sandwich Garden Salad w/Dressing Potato Chips <i>Congregate: Potato Leek Soup instead of Chips</i> Fresh Orange	2 Chicken Strips Apricot Sauce Green Beans Mashed Potatoes WW Dinner Roll Gelatin Cup	3 Stuffed Shells Marinara Sauce Cauliflower Oat Bread Cookie
6 Greek Chicken <i>Grilled Chicken</i> <i>Feta, Spinach, Olives & Red Peppers</i> Orzo Oat Bread Applesauce Cup	7 Macaroni and Cheese Peas WW Bread Mandarin Orange Cup	8 Soft Taco; Ground Beef, Peppers & Onions Black Beans Spanish Rice Sour Cream Soft Tortilla Cookie	9 Meatball Sub Chicken Meatballs Marinara Sauce Tater Tots Broccoli Sub Roll Fresh Fruit	10 Unbreaded Pollock <i>Lemon, Garlic, Dill & Mustard</i> Mashed Potatoes Capri Blend Vegetables <i>Congregate: Italian Veggie Soup instead of Capri Veg</i> WW Dinner Roll Pudding Cup
13 Cheese Omelet Turkey Sausage <i>Congregate: Roasted Potatoes</i> Chuckwagon Corn Fruit Loaf, Fruit Cup	14 Breaded Chicken Francese Sauce Parmesan Risotto Green Beans, WW Bread Pineapple Cup	15 Served Cold Deli Turkey & Swiss Cheese Pesto Pasta Salad 3 Bean Salad <i>Congregate: Corn Chowder instead 3 Bean Salad</i> Pita Bread, Yogurt	16 Special Baked Ham w/Pineapple Sauce Garlic Mashed Potatoes Garden Salad LS Bread Apple Crisp	17 Mongolian Beef <i>Sliced Beef, Sauce & Scallions</i> Snap Peas, Brown Rice MG Bread Fresh Fruit
20 <p style="text-align: center;">Holiday</p> <p style="text-align: center;">Patriot's Day</p> <p style="text-align: center;">No Meals Today</p>	21 Pork Roast w/BBQ Sauce Mashed Sweet Potato Cauliflower & Parsley <i>Congregate: Cauliflower Soup instead of Cauliflower</i> Cornbread Applesauce Cup	22 Potato Crunch Fish Rice Pilaf Creamed Spinach Vienna Bread Gelatin Cup	23 Birthday Special Meatloaf w/Gravy <i>Beef & Turkey</i> Mashed Potatoes Beets MG Bread Cupcake	24 Chicken Strips Alfredo Sauce Pasta Broccoli WW Dinner Roll Fresh Fruit
27 Cheese Lasagna Marinara Sauce Italian Blend Vegetables WW Garlic Roll Cookie	28 Sliced Turkey w/Gravy Mashed Potato, Carrots <i>Congregate: Carrot Soup instead of Carrots</i> LS Wheat Bread Fruit Cup	29 Hot Dog-LS Beef/Pork Hot Dog Bun Baked Beans Coleslaw Warm Cinnamon Apples	30 Served Cold Chicken Salad <i>Chicken, Mayo & Celery</i> Garden Salad Potato Salad Oat Bread Pineapple Fruit Whip	