



Service.
Support.
Smart Aging.

Meals on Wheels Menu

April 2021

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Notes: SF - Sugar Free FF - Fat Free ALL meals will come with Milk ** All meals are subject to change based on availability **				1	2	3
				Chicken Carbonara, Wheat Penne, Garlic Basil Green Beans, Peaches	Whole Wheat Spaghetti w/ Meat Red Sauce, Spiced Carrot, Rice Krispy	Chef's Special
4	5	6	7	8	9	10
Chef's Special	Smoked Turkey, Stuffing, Chateau Veggies, Cookies	Down Home Mac & Cheese w/bacon and Ham, Tomato Green Beans, Peaches	Chicken Bruschetta, Infused Brown Rice, California Veggi, Rice Krispy	Salisbury Steak, Sauted Vegetables, Smokey Mashed Potato, Peaches	Baked Fish Picatta, Dill Rice, Chateau Veggies, Pears	Chef's Special
11	12	13	14	15	16	17
Chef's Special	Awesome Pot Roast, Red Potatoes, Steamed Carrots, Fruit cup	Salmon Lemonata, Rosemary Sweet Potato, Brussil Sprout, Jello	Machaca Beef, Spicy Beans, Mexican Rice, Peaches	Pulled Smoked Pork, Seasoned Pinto Beans, Garden Salad FF Ranch, Jello	Bourbon Chicken, Brown Rice, Sauted Vegetables, Pudding	Chef's Special
18	19	20	21	22	23	24
Chef's Special	Basil & Garlic Chicken, Brown Rice, Seasoned Green Beans, Rice Krispy	Swmokey Beef Tips & Wild Rice, Gravy, Steamed Carrots, Cookies	Baked Lemon Garlic Swai, Brown rice, Garden Salad FF Honey Mustard, SF Pudding	Beef Stroganoff, Penna Pasta, California Veg, Mandrine Oranges	Meatloaf, Tomato Onion Green Beans, Roasted Red Potatoes, Fruit cup	Chef's Special
25	26	27	28	29	30	
Chef's Special	Garlic Parm Chicken, Roasted Sweet Potato, Chateau Veggi Blend, Cookies	Cranberry Glazed Ham, Roasted Brussel Sprouts, Brown Rice, Mandrin Orange	Meatloaf, Tomato Onion Green Beans, Roasted Red Potatoes, Fruit cup	Chicken Carbonara, Wheat Penne, Garlic Basil Green Beans, Peaches	Whole Wheat Baked Pasta w/ Meat Red Sauce , Spiced Carrot, Rice Krispy	



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Meals on Wheels Nutrition Information

April 2021

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
				1	2	3
				Calories 580 Fat 23g Protein 30g Total Carbohydrates 41g Sodium 200mg Sugar 17g	Calories 560 Fat 30g Protein 27g Total Carbohydrates 41g Sodium 1010mg Sugar 21mg	
4	5	6	7	8	9	10
	Calories 470 Fat 23g Protein 26g Total Carbohydrates 46g Sodium 485mg Sugar 18g	Calories 510 Fat 30g Protein 26g Total Carbohydrates 41g Sodium 195mg Sugar 21g	Calories 590 Fat 26g Protein 35g Total Carbohydrates 49g Sodium 1030mg Sugar 14g	Calories 580 Fat 23g Protein 30g Total Carbohydrates 76g Sodium 425mg Sugar 28g	Calories 530 Fat 24.5g Protein 29g Total Carbohydrates 53g Sodium 505mg Sugar 25g	
11	12	13	14	15	16	17
	Calories 560 Fat 4.5g Protein 30g Total Carbohydrates 54g Sodium 265mg Sugar 21g	Calories 430 Fat 15g Protein 25g Total Carbohydrates 30g Sodium 95mg Sugar 14g	Calories 500 Fat 20.5g Protein 34g Total Carbohydrates 49g Sodium 1095mg Sugar 27g	Calories 510 Fat 23.5g Protein 38g Total Carbohydrates 40g Sodium 745g Sugar 17g	Calories 530 Fat 17g Protein 36g Total Carbohydrates 56g Sodium 85mg Sugar 15g	
18	19	20	21	22	23	24
	Calories 660 Fat 33g Protein 39g Total Carbohydrates 53g Sodium 530mg Sugar 17g	Calories 540 Fat 25.5g Protein 39g Total Carbohydrates 41g Sodium 70mg Sugar 16g	Calories 610 Fat 26g Protein 26g Total Carbohydrates 34g Sodium 975mg Sugar 19g	Calories 680 Fat 24g Protein 35g Total Carbohydrates 42g Sodium 1025m Sugar 15g	Calories 530 Fat 31g Protein 28g Total Carbohydrates 46g Sodium 525mg Sugar 15g	
25	26	27	28	29	30	
	Calories 590 Fat 26g Protein 35g Total Carbohydrates 49g Sodium 1030mg	Calories 455 Fat 17.5g Protein 20g Total Carbohydrates 55g Sodium 1275mg	Calories 470 Fat 26.5g Protein 28g Total Carbohydrates 50 Sodium 1845mg	Calories 580 Fat 23g Protein 30g Total Carbohydrates 41g Sodium 200mg	Calories 560 Fat 30g Protein 27g Total Carbohydrates 41g Sodium 1010mg	

Sugar	14g	Sugar	23g	Sugar	16	Sugar	17g	Sugar	21mg
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