

# Meals on Wheels of SW Michigan Senior Nutrition Services Congregate Menu



## April 2018

**Menu Is Subject To Change Without Notice**

Meals are Funded By



Along with Participant Contributions,  
United Way Partners, Grant Awards and  
Local Donations

Monday	Tuesday	Wednesday	Thursday	Friday
<b>2</b> Swiss Chicken w/ Dressing Mashed Potatoes w/ Gravy Brussels Sprouts Whole Wheat Biscuit Apricots in Vanilla Pudding	<b>3</b> Cabbage Casserole Sweet Peas Carrots Cornbread Fruited Jell-O	<b>4</b> Turkey Tetrzzini Zucchini / Red Peppers Broccoli Florets Silver Dollar Roll Blushing Pears	<b>5</b> Porcupine Meatballs w/ Gravy Mashed Potatoes Seasoned Spinach Whole Wheat Roll Peach Slices	<b>6</b> Hearty Vegetable Lasagna Italian Vegetables Side Salad w/ Italian Dressing Breadstick Applesauce
<b>9</b> Deviled Pork Chop Roasted Sweet Potatoes Spring Blend Vegetables Whole Wheat Bread Cooked Apples	<b>10</b> Sloppy Joes Red Skin Potatoes Key West Blend Vegetables Whole Wheat Bun Peaches	<b>11</b> Chicken Tetrzzini Green Beans Parslied Carrots Silver Dollar Roll Fruit Cocktail	<b>12</b> Stuffed Peppers Harvest Beets Sunshine Salad Cornbread Pears	<b>13</b> Country Chicken Mac and Cheese Peas Cornbread Mandarin Oranges
<b>16</b> Greek Chicken Parsley Potatoes Seasoned Spinach Whole Wheat Bread Citrus Mix	<b>17</b> Hawaiian Chicken Rice Hawaiian Baked Beans Hawaiian Roll Ambrosia Fruit Salad	<b>18</b> Sliced Turkey w/ Gravy Mashed Potatoes Green Beans Whole Wheat Roll Pineapple	<b>19</b> Pepper Steak Brown Rice Snap Peas Whole Wheat Roll Jell-O w/ Fruit	<b>20</b> Spaghetti w/ Meat Sauce European Blend Vegetables Tossed Salad w/ Italian Dressing Garlic Bread Pears
<b>23</b> Chicken & Dumplings Cauliflower & Broccoli Blend Seasoned Spinach Whole Wheat Bread Blueberry Crisp	<b>24</b> Hot Beef Sandwich Mashed Potatoes w/ Gravy Corn Whole Wheat Bread Mandarin Oranges	<b>25</b> Goulash Mixed Vegetables Tossed Salad w/ Ranch Dressing Whole Wheat Bread Apple Crisp	<b>26</b> Swiss Steak w/ Tomatoes & Onions Baked Potato w/ Sour Cream Green Beans Whole Wheat Bread 100% Fruit Juice	<b>27</b> Roast Pork w/ Gravy Maple Baked Beans Creamy Coleslaw Whole Wheat Bread Peaches
<b>30 National Raisins Day</b> Pulled Pork Potatoes Wedges Green Beans Whole Wheat Bun Raisins				Meals Provide (per week) 85 grams of Carbs 600 - 850 Calories 19 grams Protein (per meal) 30% of Calories from Fat 800 mg Sodium 2% Milk Served / Meal