

Meals on Wheels of SW Michigan Senior Nutrition Service Congregate Menu



April 2017

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
3 Cranberry Glazed Turkey Mashed Potatoes w/ Gravy Broccoli Florets Whole Wheat Roll Fruit Cocktail	4 Pork Chop Suey over Rice Asian Blend Vegetables Whole Wheat Bread Pineapple	5 Oven Fried Chicken Whipped Sweet Potatoes Brussels Sprouts Whole Wheat Biscuit Golden Fruit	6 Spanish Rice w/ Meat & Beans Santa Fe Blend Vegetables Side Salad w/ French Dressing Whole Wheat Bread Warm Cinnamon Applesauce	7 Broccoli & Cheese Quiche Potatoes O'Brien Stewed Tomatoes Whole Wheat Roll Bananas in Jell-O
10 BBQ Pulled Pork Apple Bean Bake Creamy Coleslaw Whole Wheat Bun Juice	11 Sweet & Sour Meatballs Over Noodles Prince Charles Blend Vegetables Whole Wheat Biscuit Tropical Fruit	12 Italian Baked Chicken Brown Rice Broccoli & Cauliflower Roll Naval Orange	13 Easter Meal Ham Mashed Potatoes w/ Gravy Sweet Corn / Dinner Roll Colored Hard Boiled Egg Fruit Cocktail Easter Cookie	Closed for Good Friday
17 Chicken Enchilada Casserole Brown Rice Mixed Salad w/ Ranch Dressing Corn Bread Muffins Peaches	18 Pork Au Gratin Broccoli Florets Refreshing Cauliflower Salad Fruit Cocktail Banana Bread	19 Liver & Onions Mashed Potatoes w/ Gravy Baked Zucchini Squares Rye Bread Berry Applesauce	20 BBQ Chicken Hot German Potato Salad Coleslaw Bread Pudding Pears	21 Vegetarian Spaghetti Scandinavian Blend Vegetables Side Salad w/ Italian Dressing Bread Stick Fruit Juice
24 Turkey Burger w/ Lettuce / Tomatoes / Onions / Pickle Apple Bean Bake Coleslaw Whole Wheat Bun Navel Orange	25 Chicken Parmesan Spaghetti w/ Tomato Sauce Sugar Snap Pea Pods Whole Wheat Bread Applesauce	26 LC CLOSED / FSC OPEN Tuna Noodle Casserole Creamed Spinach Carrot Coins Whole Wheat Dinner Roll Pears	27 Sweet & Sour Pork w/ Rice Oriental Vegetables Wheat Bread Jell-O w/ Fruit	28 Baked Potato Bar w/ Bacon / Cheese / Onions / Sour Cream Chopped Broccoli Vegetable Soup Crackers Apricots
			LC = Lowe Center FSC = Front Street Crossing	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