



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

April 2019

Menu Is Subject To Change Without Notice

Meals are Funded By



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

Monday	Tuesday	Wednesday	Thursday	Friday
1 Honey Mustard Chicken Au Gratin Potatoes Broccoli Dinner Roll Fruit	2 Sliced Roast Beef w/ Gravy Potatoes Peas & Pearl Onions Roll Pineapple	3 Pork Chop Suey White Rice Oriental Vegetables Biscuit Applesauce	4 Stuffed Pepper w/ Meat Sauce Mashed Potatoes Sliced Carrots Cornbread Ambrosia	5 Fish Fillet w/ Herbs Creamed Corn Tomato & Cucumber Salad Whole Wheat Bread Pears
8 Taco Salad Black Bean & Zucchini w/ Onion Tortilla Chips Peaches	9 BBQ Chicken Potato Salad Coleslaw Cornbread Grapes	10 Sliced Turkey w/ Gravy Scalloped Potatoes Green Peas Whole Wheat Bread Fruit Jello	11 Lasagna Casserole Steamed Spinach Italian Blend Vegetables Italian Bread Peaches	12 Broccoli Cheese Quiche Roasted Tomatoes Couscous Salad Whole Wheat Roll Mandarin Oranges
15 Chicken Teriyaki Rice Green Bean Oriental Blend Biscuit Pears	16 Baked Beef & Cheese Manicotti Italian Vegetable Blend Tossed Salad Breadstick Mandarin Oranges	17 Baked Potato Casserole w/ Bacon, Cheese, & Broccoli Hard Boiled Egg Beet Salad Baked Apples	18 Easter Dinner Sliced Ham w/ Pineapple Sauce Mashed Sweet Potatoes Peas Hard Boiled Egg Dinner Roll Fruit Cocktail / Easter Cookie	19 <p style="text-align: center;">Closed for Good Friday</p>
22 Hamburger Tomato & Lettuce Potato Salad Bun Fruit Yogurt	23 Salmon Patty w/ Tartar Sauce Brown Rice Baked Squash Whole Wheat Roll Pineapple	24 LC CLOSED / FSC OPEN Country Chicken Mashed Potatoes w/ Gravy Beets / Cucumber Salad Cornbread Fruit Jello	25 Sliced Pork Loin w/ Herbs Pumpkin Puree w/ Ginger Tomato Salad Breadstick Mandarin Oranges	26 Chicken Marsala over Pasta Green Beans Steamed Zucchini Whole Wheat Roll Birthday Cake / Fruit
29 Traditional Chili Spanish Rice Steamed Collard Greens Crackers Golden Fruit Mix	30 Tuna Noodle Casserole w/ Peas Steamed Carrots Whole Wheat Bread Vanilla Pudding		LC = Lowe Center FSC = Front Street Crossing	Meals Provide (average per week) 75 grams of Carbs 800 Calories 19 grams Protein (per meal) 30% of Calories from Fat 800 mg Sodium 2% Milk Served / Meal