



Meals on Wheels

Treasure Valley • Serving Independence

April 2021 Menu

Frozen meals will not match the menu.

(Substitutions may be necessary without advanced notice.)

Contact:
(208) 321-0031
www.MetroMealsonWheels.net

Mon	Tue	Wed	Thu	Fri
			1 Fiesta Chicken Refried Beans Mixed Veggies Citrus Salad Tortilla / Milk	2 Lemon Herb Cod Rice Pilaf Broccoli Green Salad Wheat Bread / Milk
5 Salisbury Steak / Gravy Mashed Potatoes Beets Pineapple Wheat Roll / Milk	6 BBQ Chicken Sandwich Baked Beans Malibu Veggies Mandarin Oranges Wheat Bun / Milk	7 Beef & Cabbage Casserole Carrots Apples & Berries Wheat Roll / Milk	8 Tuna Salad Sandwich 3-Bean Salad Tropical Fruit Wheat Bread / Milk Soup (congregate sites only)	9 Stuffed Chicken / Gravy Mashed Potatoes Italian Blend Veggies Green Salad Wheat Bread / Milk
12 Salmon with Tomatoes & Olives Wild Rice Snap Peas Peaches Wheat Bread / Milk	13 Breaded Chicken / Gravy Mashed Potatoes Capri Veggies Wheat Bread Milk	14 Beans & Ham Potatoes Brussels Sprouts Juice Cornbread / Milk	15 Spaghetti Zucchini Pears Spinach Salad Wheat Roll / Milk	16 Orange Chicken Brown Rice Oriental Veggies Peaches Wheat Bread / Milk
19 Turkey & Cheese Sandwich Macaroni Salad Apricots Hoagie Roll Milk Soup (congregate sites only)	20 Roast Beef / Gravy Mashed Potatoes Green Beans Spinach Salad & Blueberries Wheat Roll Milk	21 Russian Chicken over Pasta Spring Blend Veggies Spiced Apples Pudding Wheat Bread Milk	22 Cheesy Cod over Rice Country Trio Veggies Peaches White Bean Salad Wheat Bread Milk	23 Chicken & Dumplings Dill Carrots Baby Lima Beans Fresh Oranges Milk
26 Pesto Alfredo Spaghetti & Sausage Broccoli Peaches Fresh Fruit French Bread Milk	27 Honey Garlic Salmon Wild Rice Snap Peas Coleslaw Wheat Bread Milk	28 Honey Mustard Chicken Salad Cottage Cheese Mandarin Oranges V-8 Juice Breadsticks / Milk Soup (congregate sites only)	29 Cranberry Meatballs over Rice Carrots Pears & Berries Green Salad & Kidney Beans Wheat Bread / Milk	30 Chicken & Pasta Casserole Garden Veggies Peaches Graham Crackers Wheat Bread Milk