

April 2022 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 Cheesy Cod Rice Pilaf Broccoli & Cauliflower Peaches Wheat Bread Milk
4 Chili and Cheese Baked Potato Capri Veggies Corn Mixed Fruit Cup Wheat Roll / Milk	5 Pesto Alfredo Pasta with Sausage Carrots Peas Green Salad French Bread / Milk	6 BBQ Chicken Breast Baked Beans Corn with Peppers Coleslaw Wheat Bun Milk	7 Turkey / Cranberry Sauce Stuffing / Gravy Green Beans Corn Wheat Roll Milk	8 Honey Garlic Salmon Brown Rice Spring Blend Veggies Pears Wheat Bread Milk
11 Sweet & Sour Pork Brown Rice Peas Carrots Fresh Orange Wheat Bread / Milk	12 Cilantro Lime Chicken Snap Peas Peaches Wheat Tortilla Milk	13 Roast Pork / Gravy Scalloped Potatoes Beets Applesauce Baci Roll Milk	14 Beef & Cabbage Casserole Peas & Onions Spiced Apples Baci Roll Milk	15 Tuna Salad Three Bean Salad Mixed Fruit 9-Grain Bread Milk
18 Sicilian Chicken Herb Pasta Italian Veggies Fresh Fruit French Bread Milk	19 Roast Beef / Gravy Mashed Potatoes Broccoli & Cauliflower Spinach Salad Wheat Roll Milk	20 Lemon Herb Cod Rice Pilaf Peas & Carrots Orange Juice Wheat Roll Milk	21 Spaghetti & Meatballs Broccoli Pears Green Salad French Bread Milk	22 Breaded Chicken / Gravy Mashed Potatoes Green Beans Wheat Bread Milk
25 Beans & Ham Roasted Potatoes Brussels Sprouts Fresh Fruit Cornbread Milk	26 Honey Mustard Chicken Salad Cottage Cheese Peaches Graham Crackers Rye Bread / Milk	27 Cranberry Meatballs Brown Rice Carrots Green Salad Wheat Roll Milk	28 Maple Glazed Chicken  Sweet Potatoes Green Beans Graham Crackers Rye Bread / Milk	29 Chicken Fried Steak OR Liver and Onions (sites only) Mashed Potatoes / Gravy Capri Veggies Wheat Bread Milk