



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

April 2019-Congregate

Menu Is Subject To Change Without Notice

Meals are Funded By



Area Agency on Aging, Inc.
SPECIALISTS IN AGING

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 Applesauce	4 Stuffed pepper w/ meat sauce Mashed potatoes Sliced carrots Cornbread Ambrosia	5 Fish fillet w/ herbs Creamed corn Tomato & cucumber salad WW bread Pears
8 Taco salad w/ black beans Sauteed zucchini w/ onion Tortilla chips Peaches	9 BBQ chicken Potato salad Coleslaw Cornbread Grapes	10 Sliced turkey w/ gravy Scalloped potatoes Green peas WW bread Fruit jello	11 Lasagna casserole Steamed Spinach Italian blend vegetables Italian bread Peaches	12 Egg cheese & vegetables frittata Roasted tomatoes Lentil salad WW roll Mandarin Orange
15 Chicken teriyaki over rice Steamed green beans Oriental blend Pears	16 Baked beef and cheese Manicotti Italian vegetable blend Tossed salad Breadstick Mandarin oranges	17 Baked potato casserole w/ bacon, cheese, broccoli Hard boiled egg salad w/ beets Baked apples	18 Sliced ham w/ pineapple sauce Mashed sweet potatoes Asparagus or peas Easter cookie Fruit punch	19 CLOSED GOOD FRIDAY
22 Hamburger on a bun Potato salad Tomato and lettuce Bun Fruit yogurt	23 Salmon patty w/ tartar sauce Brown rice Baked squash WW roll Pineapple	24 Country Chicken Mashed potatoes w/ gravy Beet & cucumber salad Cornbread Jello	25 Sliced pork loin w/ herbs Pumpkin puree with ginger Tomato salad Breadstick Mandarin Oranges	26 Chicken marsala over pasta Green beans Steamed zucchini WW roll Birthday Cake + Fruit
29 Traditional Chili Spanish rice Steamed Chopped collards greens Crackers Golden fruit mix	30 Tuna noodle casserole w/ Peas Steamed carrots WW bread Vanilla Pudding		Meals provide (average per week) Carbs: 75 grams Calories: 800 average Sodium: 800 mgs. average Protein: 19 grams Total Fat : 30%	Your donation toward the cost of the meal helps to make sure that these meals can continue. Please be as generous as you can! We thank you!