



MEALS ON WHEELS

April 2019



BLOOMINGTON
EDEN PRAIRIE

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
1 <u>HAMBURGER STROGANOFF</u> Brown Rice Pilaf Green Beans Mandarin Orange Cup Sugar Cookie	2 COLD MEAL <u>CHICKEN CAESAR SALAD</u> Chicken & Salad Mix Ceasar Dressing Garlic Bread Fresh Apple Vanilla Pudding Cup <i>Alt: Ranch Dressing</i>	3 <u>TURKEY TETRAZZINI</u> Egg Noodles Stewed Tomatoes Fresh Pear Fudge Cookie	4 <u>HAMBURGER</u> Wheat Bun Ketchup and Mustard Chef's Choice Veggies Carrot & Raisin Salad Diced Honeydew	5 <u>TUNA CASSEROLE</u> Roasted Broccoli Fresh Banana Chocolate Dessert Bar <i>alt: chicken casserole</i>
8 <u>ROASTED TURKEY</u> Wild Rice Blend Brussels Sprouts Diced Pineapple Cup Rice Crispy Bar	9 <u>SWEDISH MEATBALLS</u> Egg Noodles Roasted Carrots Tollhouse Bar	10 <u>CHICKEN FAJITA BOWL</u> Spanish Rice Peppers & Onions Fresh Orange Apple Pie	11 <u>BAKED HONEY HAM</u> Roasted Sweet Potatoes Green Beans Dinner Roll & Butter Fresh Apple Slices <i>alt: baked honey chicken</i>	12 <u>CHICKEN LASAGNA</u> Steamed Broccoli Fresh Green Salad & Italian Dressing Diced Pears
15 <u>ROASTED GARLIC TILAPIA</u> Egg Noodles Steamed Spinach Tartar Sauce Fresh Apple Slices Sugar Cookie <i>alt: roasted garlic chicken</i>	16 <u>ROAST BEEF</u> Mashed Potatoes & Gravy Steamed Asparagus Dinner Roll & Butter Fresh Grapes	17 <u>TURKEY BURGER</u> Wheat Bun Mayonnaise & Ketchup Creamy Coleslaw Baked Apples	18 <u>CHICKEN PARMA ROSA</u> Chef's Choice Veggies Green Salad & Italian Dressing Fresh Cantaloupe Angel Food Cake	19 <u>HAM & EGG STRATA</u> Breakfast Casserole Roasted Vegetables English Muffin Fresh Banana <i>alt: veggie strata</i>
22 <u>BEEF LASAGNA</u> Chef's Choice Veggies Fresh Green Salad & Italian Dressing Herb Breadstick Diced Pineapple Cup	23 <u>ROASTED PORK LOIN</u> Mashed Potatoes & Gravy Roasted Zucchini & Peppers Dinner Roll & Butter Rice Crispy Bar <i>alt: roasted chicken</i>	24 <u>OVEN ROASTED HERB CHICKEN</u> Brown Rice Pilaf Green Beans Fudge Cookie	25 <u>CHILI MAC CASSEROLE</u> Steamed Spinach Fresh Apple Slices Chocolate Chip Cookie	26 <u>OVEN BAKED FISH</u> Brussels Sprouts Chickpea Grain Salad Fresh Pear Tartar Sauce <i>alt: baked chicken breast</i>
29 <u>TURKEY MEATLOAF</u> Bread Stuffing Turkey Gravy Steamed Carrots Pudding Cup	30 <u>MACARONI & CHEESE</u> California Blend Vegetables Diced Pineapple Cup Chocolate Chip Cookie	Please Order Alternate Meals 3 days in Advance		Call Us At 952-835-1665 With questions or changes