

**Meals on Wheels- Spring**

**April 1-30, 2019 Menu A**

<b>Monday</b> <b>April 1, 2019</b>	<b>Tuesday</b> <b>April 2, 2019</b>	<b>Wednesday</b> <b>April 3, 2019</b>	<b>Thursday</b> <b>April 4, 2019</b>	<b>Friday</b> <b>April 5, 2019</b>
Italian Meatball Bolognese Garlic Butter Breadstick  66g Carbs Fresh Fruit Beverage	Egg Omelette Cinnamon Oatmeal Fruit Cocktail  95g Carbs Fruit Grain Bar Beverage	<b>International Carrot Day</b> American Chop Suey Sunshine Carrots  72g Carbs Fortune Cookie Beverage	<b>National Burrito Day</b> Beef Bean Burrito Spanish Rice Corn and Zucchini Salad 113g Carbs Fresh Fruit Beverage	The Max Cheesiest con Queso Mexican Pinto Beans Colorful Vegetable Medley  88g Carbs Fresh Fruit Beverage
<b>April 8, 2019</b>	<b>April 9, 2019</b>	<b>April 10, 2019</b>	<b>April 11, 2019</b>	<b>April 12, 2019</b>
<b>National Empanada Day</b> Cheesy Beef Empanada Spanish Rice Seasoned Green Beans 84g Carbs Fresh Fruit Beverage	Chicken Teriyaki Casserole Seasoned Veggies with Mushroom  90g Carbs Fresh Fruit Beverage	Homemade Meatloaf Topped with Gravy Buttery Mashed Potatoes Seasoned Green Beans 84g Carbs Apple Cinnamon Delights Beverage	Indian Spiced Stew over Rice Twisted-Citrus Roasted Veggies  106g Carbs Fresh Fruit Beverage	<b>National Grilled Cheese Sandwich Day</b> Grilled Cheese Sandwich Roasted Sweet Potato Crispy Brussel Sprouts 106g Carbs Fresh Fruit Beverage
<b>April 15, 2019</b>	<b>April 16, 2019</b>	<b>April 17, 2019</b>	<b>April 18, 2019</b>	<b>April 19, 2019</b>
Picadillo a la Mexicana Spanish Rice Mexican Pinto Beans  88g Carbs Fresh Fruit Beverage	<b>National Mushroom Day</b> Creamy Mushroom Chicken Pasta Twisted-Citrus Roasted Veggies 87g Carbs Fresh Fruit Beverage	Flavorful BBQ Pork Buttery Mashed Potatoes Green Bean and Tomato Salad Wheat Bread 91g Carbs Easter Cookie Beverage	<b>Double Meal Delivery</b> Chicken Pot Pie Wheat Biscuit Colorful Squash Salad 60g Carbs Cinnamon Baked Apple Beverage	<b>Chilled Meal-MOW Closed</b> Deluxe Egg Salad Creamy Coleslaw Buttery Dinner Roll 63g Carbs Peach Crisp Beverage
<b>April 22, 2019</b>	<b>April 23, 2019</b>	<b>April 24, 2019</b>	<b>April 25, 2019</b>	<b>April 26, 2019</b>
Venezuelan-style Beef over Garlicky Rice Seasoned Garden Veggies  78g Carbs Fresh Fruit Beverage	Chicken Pasta Primavera Colorful Vegetable Medley  82g Carbs Fresh Fruit Beverage	Classic Nachos  76g Carbs Fresh Fruit Beverage	<b>Double Meal Delivery</b> Shepherd's Pie Seasoned Garden Veggies  74g Carbs Fruit Cocktail Beverage	<b>Chilled Meal-MOW Closed</b> Classic Chicken Salad Carrot Raisin Salad Buttery Dinner Roll 43g Carbs Strawberry Peach Crumble Beverage
<b>April 29, 2019</b>	<b>April 30, 2019</b>			
<b>National Shrimp Scampi Day</b> Shrimp Scampi Green Veggies with Carrots  89g Carbs Fresh Fruit Beverage	<b>National Oatmeal Cookie Day</b> <b>*Chilled Meal*</b> Southwestern Chicken Salad Ranch Dressing  63g Carbs Oatmeal Raisin Cookie Beverage		<b>Nutritional Goals</b> <b>Over 600 calories</b> <b>Over 20 grams</b> <b>Less than 100 grams</b>  <b>Less than 30% Total Calories</b> <b>Over 7 Grams</b> <b>Less than 1000 milligrams</b>	<b>Monthly Average</b> <b>Calories: 655.10 calories</b> <b>Protein: 38.83 gm</b> <b>Carbohydrate: 83.71 gm</b> <b>Fat: 18.39 gm (25.26% of</b> <b>calories)</b> <b>Fiber: 10.56 gm</b> <b>Sodium: 743.57 mg</b>
<b>Contact Phone Number: 735-5115</b>				
<b>If you need to cancel your meal, please call the office at 735-5115</b>				
<b>Holiday Meal</b>	We will be closed on Friday, April 19, 2019 for Good Friday and Friday, April 26, 2019 for Battle of the Flowers. The holiday meals will be delivered on Thursday, April 18, 2019 and Thursday, April 25, 2019.			
<b>Frozen Meals</b>	FROZEN MEAL entrees are prepared separately and will not be the same as the "Hot Meals" above.			
<b>Meal Comments</b>	Meal and side items may be different than stated on the menu to meet diet requirements.			
<b>Comments</b>	The amount of carbohydrates listed includes entree, sides, fruit or dessert, and a carton of milk. <u>Tip:</u> if following a diabetic diet, look at the amount of carbs per meal. If the amount is too high, divide your meal in half and eat a portion of your meal and the rest later, eat your dessert/fruit at a later time, or drink water instead of milk with your meal to reduce the amount of carbs.			