

April 2017

Meals on Wheels (623) 931-7436

Sun	Mon	Tue	Wed	Thu	Fri	Sat
		MILK SERVED DAILY: 1/2 PINT				1
2	3 Sloppy Joes Sweet Potatoes Winter Blend Veg. Fruit/Dessert	4 Chicken Tenders Peas & Carrots Charro Beans Fruit/Dessert	5 Beef Stuffed Cabbage Flame Roasted Corn Asparagus Fruit/Dessert	6 Pork Chop Baked Potatoes Normandy Blend Veg. Fruit/Dessert	7 NO LUNCH SERVED	8
9	10 Baked Chicken Ziti Italian Blend Veg. Brussel Sprouts Fruit/Dessert	11 Beef Pot Pie Broccoli Yellow Squash Fruit/Dessert	12 Sub Sandwich Pasta Salad Coleslaw Fruit/Dessert	13 Chicken Chow Mein Snap Peas Oriental Mix Veg. Fruit/Dessert	14 NO LUNCH SERVED	15
16	17 Swedish Meatballs Carrots Lima Beans Fruit/Dessert	18 Chicken Fajita Refried Beans Capri Mix Veg. Fruit/Dessert	19 Tuna Salad Potato Salad Carrot Raisin Salad Fruit/Dessert	20 Meatloaf Mashed Potatoes Country Mix Veg. Fruit/Dessert	21 NO LUNCH SERVED	22
23	24 Baked Tilapia Scandinavian Mix Veg. Stewed Tomatoes Fruit/Dessert	25 Beef & Bean Chili Baked Potato Carrots Fruit/Dessert	26 Turkey Burger Flame Roasted Corn Caribbean Mix Veg. Fruit/Dessert	27 Stuffed Chicken Breast Baked Yams Green Beans Fruit/Dessert	28 NO LUNCH SERVED	29
30						

YWCA MENU~SUBJECT TO CHANGE