




MEALS on WHEELS
METRO BOISE

April 2024 Menu

Contact:
(208) 321-0031
www.MetroMealsonWheels.net

(Substitutions may be necessary without advanced notice.)

MON	TUE	WED	THU	FRI
1 Chicken Cordon Bleu with Cheese Sauce Baby Carrots Roasted Potatoes Fruit Cup 9-Grain Bread Milk	2 Country Fried Steak with Country Gravy Mashed Potatoes Broccoli Banana Whole Wheat Roll Milk	3 Honey Mustard Chicken Salad over Lettuce Chickpea Salad Chunky Applesauce Whole Wheat Roll / Milk Soup (congregate sites only)	4 Sweet & Sour Pork over Brown Rice Stir Fry Vegetables Cauliflower Spiced Pears 9-Grain Bread Milk	5 Roast Turkey with Gravy Mashed Potatoes Baby Carrots Cranberry Sauce Applesauce Whole Wheat Roll / Milk
8 Chicken Enchilada Pasta Corn & Peppers Key West Vegetables Pineapple Whole Wheat Roll / Milk	9 Cheesy Fish over Rice Pilaf Peas Coleslaw Peaches Whole Wheat Roll / Milk	10 Beans & Ham Roasted Potatoes Brussels Sprouts Applesauce Cornbread Milk	11 Sicilian Chicken over Brown Rice Capri Vegetables Green Salad Pears French Bread / Milk	12 Roast Beef with Brown Gravy Mashed Potatoes Green Beans Orange Whole Wheat Roll / Milk
15 Pulled BBQ Chicken Baked Beans Carrots Banana Whole Wheat Roll Milk	16 Roast Pork with Mushroom Gravy Scalloped Potatoes Asparagus Applesauce Baci Roll Milk	17 Vegetable Lasagna Cauliflower Snap Peas Green Salad French Bread Milk	18 Chicken Salad Sandwich 3-Bean Salad Potato Salad Fruit Cup Ciabatta Roll / Milk Soup (congregate sites only)	19 Beef Pepper Casserole Corn Monte Carlo Vegetables Fresh Fruit Whole Wheat Roll Milk
22 Baked Potato with Chili & Cheese Broccoli Beets Fresh Fruit Whole Wheat Roll Milk	23 Turkey & Cheese Sandwich Potato Salad Carrot Salad Banana 9-Grain Bread Milk	24 	25 Spaghetti with Meat Sauce Green Beans Pears Spinach Salad French Bread Milk	26 Breaded Chicken with Country Gravy Mashed Potatoes Baby Carrots Mandarin Oranges Baci Roll Milk
29 Herb Salmon over Rice Pilaf Carrots Cauliflower Tropical Fruit Whole Wheat Roll / Milk	30 Swiss Mushroom Burger Roasted Potatoes Mixed Vegetables Banana Whole Wheat Bun / Milk			