



April 2023 Menu

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

(Substitutions may be necessary without advanced notice.)

MON	TUE	WED	THU	FRI
3 Stuffed Chicken with Cheese Sauce Roasted Potatoes Green Beans Fresh Fruit Whole Wheat Roll Milk	4 Chili Baked Potato Spring Blend Vegetables Spiced Apples Cereal Bar 9-Grain Bread Milk	5 Beef & Pepper Casserole Cauliflower Green Salad Pears Baci Roll Milk	6 Polish Sausage with Sauerkraut Garlic Mashed Potatoes Corn Fruit Cup Whole Wheat Bun Milk	7 GOOD FRIDAY CLOSED No Meals Served or Delivered
10 Cranberry Meatballs over Rice Snap Peas Mixed Vegetables Pineapple Cornbread Milk	11 Chicken Enchilada Pasta Corn Key West Vegetables Peaches Whole Wheat Roll Milk	12 Roast Beef with Gravy Mashed Potatoes Peas Green Salad Baci Roll Milk	13 BBQ Pork Sandwich Baked Beans Green Beans Coleslaw Whole Wheat Bun Milk	14 Breaded Chicken with Country Gravy Au Gratin Potatoes Sunshine Carrots Mixed Fruit Whole Wheat Roll Milk
17 Turkey & Cheese Sandwich Mixed Fruit Three-Bean Salad 9-Grain Bread Milk Soup (congregate sites only)	18 Salmon with Hollandaise Sauce over Rice Pilaf Capri Vegetable Blend Cauliflower Fruit Cup Whole Wheat Roll Milk	19 NEW! Cheese Steak Sloppy Joes Mashed Potatoes Sunshine Carrots Fresh Fruit Whole Wheat Bun Milk	20 Cheesy Breakfast Casserole Scrambled Eggs Spiced Apples Bagel / Cream Cheese Banana Milk	21 Chicken Parmesan over Pasta Italian Vegetables Cauliflower Fruit Cup French Bread Milk
24 Chicken Burrito Bowl Island Vegetables Peaches Whole Wheat Tortilla Milk	25 French Toast with Fruit Topping Sausage Links Breakfast Potatoes Banana Milk	26 Roast Pork with Mushroom Gravy Mashed Potatoes Cauliflower & Broccoli Applesauce Whole Wheat Roll Milk	27 Ham & Cheese Sandwich Potato Salad Tropical Fruit Hoagie Roll Milk Soup (Congregate sites only)	28 Beef Stroganoff over Pasta Brussels Sprouts Carrots Fresh Fruit Whole Wheat Roll Milk