

SENIOR

April
2018



SERVING SENIORS
BOONE
LEE
OGLE
WINNEBAGO
COUNTIES

MENU IS SUBJECT
TO CHANGE WITHOUT
NOTICE

To make a
reservation
in Rockford

815-963-1609
or
1-800-779-1189

RESERVATIONS
&
CANCELLATIONS
CALL BY 10:00 AM
THE DAY BEFORE

***CHOICE A only sent to**
MEALS ON WHEELS
CLIENTS

THERE ARE
NO
SUBSTITUTIONS

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
2	3	4	5	6
MEATBALL SUB PEAS & CARROTS SEAS. POTATO WEDGES MANDARIN ORANGES	SWEET/SOUR CHICKEN FLUFFY RICE STIR FRY VEGGIES DINNER ROLL APRICOTS	SALISBURY STEAK MASHED POT\GRAVY GREEN BEANS DINNER ROLL DICED PEACHES	CHEESE OMELETT TURKEY SAUSAGE HASH BROWN POT. BLUEBERRY MUFFIN FRUIT JUICE	A.) BRAISED BEEF MASHED POT\GRAVY CORN DICED PEARS WHEAT BREAD -2 B.) TUNA SAL/CHIX RICE
9	10	11 BIRTHDAY PARTY	12	13
BBQ RIBLETT WHEAT BUN AUGRATIN POTATOES COIN CARROTS DICED PEARS	PEPPER STEAK MASHED POT/GRAVY PEAS WHEAT BREAD - 2 CHILLED PINEAPPLE	HOT BEEF SANDWHICHES MASHED POTATOES AND GRAVY PASTA SALAD BROWNIES CUPCAKES	A.) CHEESEBURGER WHEAT BUN TATOR TOTS BAKED BEANS JELLO W\ FRUIT B.) HAM/VEGETABLE	MOSTACCIOLI W\MEATSAUCE BRUSSELL SPROUTS SCAND. BLEND VEGGIES GARLIC BREAD APRICOTS
16	17	18	19	20
CHICKEN STRIPS SEAS. POTATO WEDGES PEAS DINNER ROLL DICED PEARS BBQ PC	BAKED ZITI W\MEATSAUCE ITALIAN BLEND VEG. GARLIC BREAD HOT APPLESAUCE	A.) MEATLOAF MASHED POT/GRAVY GLAZED CARROTS DINNER ROLL PEACH COBBLER B.) LIVER & ONIONS	SLOPPY JOE WHEAT BUN TATOR TOTS GREEN BEANS APRICOTS	CHEESE OMELETT TURKEY SAUSAGE HASH BROWN POT. BLUEBERRY MUFFIN FRUIT JUICE
23	24	25	26	27
B.B.Q. CHIX BREAST WHEAT BUN CHEESY POTATOES GREEN BEANS PINEAPPLE TIDBITS	A.) CITRUS BAKED HAM SWEET POTATOES CAPRI BLEND VEG. WHEAT BREAD - 2 FRUIT COCKTAIL B.) R. BEEF/CR. MUSH.	BAKED CHICKEN QTR MASHED POT/GRAVY BROCCOLI TOSSED SALAD/DRSG. ROLL \ PUMPKIN BAR	MUSHROOM SWISS BURGER ON BUN TATOR TOTS BAKED BEANS APRICOTS	FISH PATTY WHEAT BUN POTATO PANCAKES CALIF. BLEND VEGGIES APPLESAUCE TARTAR SAUCE
30				
COUNTRY MEATBALLS MASHED POT \ GRAVY BRUSSELL SPROUTS DINNER ROLL PEACHES				8 oz. Low Fat Milk served with all lunches.

