

## Meals On Wheels Week #1 January-April 2023

	Entrée	Vegetable	Starch	Dessert	Beverage
<b>Monday</b>	Beef Stuffed Cabbage	Crinkle Carrots	Garlic Mashed Potatoes	Fresh Fruit	Orange Juice
<b>Tuesday</b>	Chicken Pot Pie	Green Beans	Baked Apples	Cookies	Orange Juice
<b>Wednesday</b>	Baked Tilapia Fish	Broccoli Florets	Rice Pilaf	Fudge Brownies	Orange Juice
<b>Thursday</b>	Half Tuna Sandwich	Hearty Vegetable Soup	Parsley Potatoes	Cookies	Orange Juice
<b>Friday</b>	Cheese Lasagna	Garden Salad	Buttered Corn	Fresh Fruit	Orange Juice

## Meals On Wheels Week #3 January-April 2023

	Entrée	Vegetable	Starch	Dessert	Beverage
<b>Monday</b>	Knockwurst Hot Dog	Capri Vegetables	Mustard Potato Salad	Cookies	Orange Juice
<b>Tuesday</b>	Spaghetti w/Meat Sauce	Sauteed Squash	Garlic Toast	Fresh Fruit	Orange Juice
<b>Wednesday</b>	Boneless Grilled Chicken Breast	Succotash Veggies	Potato Kugel	Fudge Brownies	Orange Juice
<b>Thursday</b>	Smoked Turkey Sandwich	Spring Salad	(Parve) Potato Soup	Fresh Fruit	Orange Juice
<b>Friday</b>	Grilled Salisbury Steak w/ Onions	Cauliflower	Red Skin Potatoes	Cookies	Orange Juice

## Meals On Wheels Week #2 January-April 2023

	Entrée	Vegetable	Starch	Dessert	Beverage
<b>Monday</b>	Seared Salmon	Broccoli Florets	Saffron Rice	Blonde Brownie	Orange Juice
<b>Tuesday</b>	Breaded Chicken Tenders	Haricot Verde' Green Beans	Shredded Hash Brown Potatoes	Fresh Fruit	Orange Juice
<b>Wednesday</b>	Roasted Turkey	English Peas	Sweet Potatoes	Rugulah	Orange Juice
<b>Thursday</b>	BBQ Brisket	Coleslaw	Fried Potatoes	Fresh Fruit	Orange Juice
<b>Friday</b>	Stuffed Shells with Cheese	Winter Blend	3- Bean Salad	Cookies	Orange Juice

## Meals On Wheels Week #4 January-April 2023

	Entrée	Vegetable	Starch	Dessert	Beverage
<b>Monday</b>	Sweet Sour Meatballs	Peas & Carrots	Buttered Noodles	Fresh Fruit	Orange Juice
<b>Tuesday</b>	Chicken Salad Sandwich	Tossed Spinach Salad	Lentil Soup	Blonde Brownies	Orange Juice
<b>Wednesday</b>	Grilled Burger w/mushrooms	Aisian Slaw	Potato Salad	Cookies	Orange Juice
<b>Thursday</b>	Hawaiian Chicken	Broccoli Souffle	Potato Wedges	Fresh Fruit	Orange Juice
<b>Friday</b>	Tortellini Alfredo	Zucchini/ Squash	Pickled Beets	Cookies	Orange Juice