



Meals on Wheels menu April 2024

REMINDERS

- You must be home to receive your meal(s) upon delivery.
- Please call our office at least two days prior if you know you will not be home.
- With advance notice, alternative meals can be sent to prevent you from missing or skipping your meal(s).
- When possible, please ask family members, friends or neighbors to report all hospitalizations and nursing home placements.

Monday	Tuesday	Wednesday	Thursday	Friday
Swedish meatballs Green beans Mashed potatoes Cookie Milk	Barbeque pulled pork with bun Whole and creamed corn Coleslaw Apple crisp Milk	Baked chicken w/gravy Carrots Steamed broccoli Yellow rice Fresh fruit Milk	Smothered pork chop Lima beans Macaroni and cheese Orange Milk	Chicken tetrazzini Tossed salad w/dressing English peas Peach cobbler Milk
Chicken fingers w/ honey mustard sauce Sweet potato wedges Collard greens Yogurt Milk	Chili with beans Coleslaw Carrots Cornbread Spiced pears Milk	Pot roast with potatoes, onions, and carrots Brussel sprouts Squash Fresh fruit Milk	Turkey & cheese sandwich with lettuce, tomato, mustard, mayo Potato wedges Berry crisp Milk	Barbeque chicken Green beans Macaroni and cheese Fruit cup Milk
Meatloaf with gravy Mashed potatoes Green beans Cookie Milk	Chicken fricassee Cauliflower florets Rice Fruit cobbler Milk	Lasagna w/meat sauce Carrots Cabbage Fresh fruit Milk	Cheeseburger with bun Baked beans Cole slaw Mustard/mayo/lettuce, tomato Peach crisp Milk	Chicken, broccoli, and rice casserole Tossed salad w/dressing Black-eyed peas Spiced apples Milk
Philly steak & cheese w/hoagie roll Peppers, mushroom, onion Cucumber salad Spiced pears Milk	Creole baked fish Okra and tomatoes Grits Cole slaw Pudding Milk	Salisbury steak w/gravy Broccoli Mashed potatoes Fruit cocktail Milk	Sausage with peppers and onions Cabbage Red rice Fruit cobbler Milk	Spaghetti & meat sauce Carrots Green beans Garlic bread Diced peaches Milk
Barbeque pulled pork with bun Whole and creamed corn Coleslaw Apple crisp Milk	Baked chicken w/gravy Carrots Steamed broccoli Yellow rice Fresh fruit Milk			Call (912) 236-0363 at least 24 hours in advance to request a <u>substitute frozen meal</u> Choice A - Poultry Choice B - Fish Choice C - Beef Choice D - Vegetarian

*Menu subject to market availability

(912) 236-0363 | www.seniorcitizens-inc.org | toll-free (866) 579-2116