



MEALS ON WHEELS

May 2025



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
			¹ <u>Greek Chicken Pasta</u> Whole Wheat Pasta Diced Carrots Cinnamon Applesauce Dessert	² <u>Butternut Squash</u> <u>Lentil Soup</u> Corn, Carrots, Green Beans Dessert
⁵ <u>Garlic Parmesan Pork</u> Barley Risotto Corn Apple Slices Dessert <i>Alt: Garlic Parmesan Chicken</i>	⁶ <u>Cheesy Chicken & Rice Casserole</u> Mixed Vegetable Blend Mixed Fruit Cup Dessert	⁷ <u>Pasta with Meat Sauce</u> Broccoli Peach Cup	⁸ <u>Chef's Salad *COLD*</u> Dinner Roll Butter Fruit Cocktail	⁹ <u>Mustard Herb Roasted Fish</u> Brown & Wild Rice Pilaf Green Beans Pear Cup Dessert <i>Alt: Mustard Herb Roasted Chicken</i>
¹² <u>Beef Lasagna</u> Peas Peach Cup	¹³ <u>Baked Fish w/ Spinach Cream Sauce</u> Whole Wheat Penne Pasta Brussel Sprouts Mandarin Orange Cup Dessert <i>Alt: Baked Chicken w/ Spinach Cream Sauce</i>	¹⁴ <u>Lemon Feta Turkey Orzo Pasta</u> Mixed Vegetable Blend Dessert	¹⁵ <u>Butternut Squash Lentil Soup</u> Herbed Quinoa Pilaf Dessert	¹⁶ <u>BBQ Chicken</u> Brown Rice Chuckwagon Vegetable Blend Cinnamon Applesauce Cup
¹⁹ <u>Salisbury Steak</u> Whole Wheat Egg Noodles Mushroom Gravy Peas and Carrots Mixed Fruit Cup	²⁰ <u>Baked Ham Dinner w/ Apple Mustard Glaze</u> Mashed Potatoes Corn, Carrots, Green Beans Fruit Cocktail Dessert <i>Alt: Baked Chicken Dinner</i>	²¹ <u>Chicken Dumpling Stew</u> Green Beans Applesauce Cup	²² <u>Spring Harvest Salad *COLD*</u> Pineapple Cup Dessert	²³ <u>Fish Taco Bowl</u> Cuban Beans and Rice Pineapple Mango Salsa Corn Whole Fresh Pear <i>Alt: Chicken Taco Bowl</i>
²⁶ <u>Three Cheese Turkey Pasta</u> Whole Wheat Pasta Shredded Mozzarella 5 Way Vegetable Medley Mandarin Orange Cup	²⁷ <u>Meatloaf</u> Mashed Potatoes and Gravy Mixed Vegetable Blend Cinnamon Applesauce Cup	²⁸ <u>Chicken Chili</u> Cilantro Lime Brown Rice Apple Slices Dessert	²⁹ <u>Ginger Soy Fish</u> Brown Rice Asian Vegetable Medley Pear Cup Dessert <i>Alt: Ginger Soy Chicken</i>	³⁰ <u>Primavera Casserole</u> Whole Wheat Pasta Peas and Carrots Dessert

We do our best to accommodate choices, however meal substitutions may be necessary based on availability. To contact Meals on Wheels-RC call 651-371-7009. Beverage choice of milk or juice is served with every meal. Call to order weekend meals. Monthly choice meals are:

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| 1) Breakfast Sandwich | 3) Macaroni & Cheese |
| 2) Beef Quesadilla | 4) Mustard Herb Roasted Fish |

* For Roseville Area residents, see Roseville Meals on Wheels Menu at: <https://communityed.isd623.org/adults/meals-on-wheels>