

Natrona County Meals On Wheels Menu April 2023

Questions? Call us, **265-8659**
(All meals served with 8oz milk)

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
3-Apr Beef Goulash Zucchini Carrot Pineapple Salad Applesauce Wheat Bread Milk	4-Apr Honey Mustard Chicken Rice Peas & Carrots Summer Pepper Salad Mandarin Oranges Wheat Bread Milk	5-Apr Bbq Beef On A Wheat Bun Scalloped Potatoes Succotash Blend Vegetable Italian Vegetable Salad Prunes Milk	6-Apr Lemon Pepper Pork Mashed Potatoes w/Gravy Broccoli Garden Salad Fresh Fruit Wheat Rolls Milk	7-Apr Baked Breaded Fish Parmesan Potatoes Green Beans w/Almonds Pea Salad Peaches Wheat Bread Milk
10-Apr Pork Chop In Orange Sauce Southern Sweet Potatoes Edamame & Corn Yogurt Fruit Cocktail Wheat Bread Milk	11-Apr Chicken Fried Steak Mashed Potatoes w/Gravy California Normandy Tossed Spinach Salad Prunes Wheat Bread Milk	12-Apr Crunchy Garlic Chicken Red Buttered Potatoes Baby Carrots BLT Salad Grapes Wheat Bread Milk	13-Apr Beef Brisket Mashed Potatoes w/Gravy Medley Brussels Sprouts Summer Squash Salad Melons Wheat Rolls Milk	14-Apr Tuna Noodle Casserole Key West Vegetable Blend Crunchy Calico Salad Plums Wheat Bread Milk
17-Apr Broccoli Chicken Mac & Cheese Asparagus Lettuce & Tomato Salad Tropical Fruit Wheat Bread Milk	18-Apr Beef Stew Malibu Blend Vegetable Sliced Apples Jell-O Wheat Bread Milk	19-Apr Pork Tips w/Vegetables Roasted Yukon Potatoes Sugar Snap Peas Caesars Salad Mandarin Oranges Wheat Bread Milk	20-Apr Italian Meatloaf Baked Potato Lima Beans Mediterranean Marinated Vegetable Salad Pears Wheat Roll Milk	21-Apr Coconut Breaded Fish Cubed Potatoes Carrots Dixie Coleslaw Prunes Wheat Bread Milk
24-Apr Beef & Italian Rice Capri Blend Vegetable Garbanzo Bean & Mixed Vegetable Salad Banana Wheat Bread Milk	25-Apr Egg & Ham Bake Apricot Pudding V-8 Juice Biscuit Milk	26-Apr Roast Beef Mashed Potatoes w/Gravy Garden Vegetable Blend Shepherd's Salad Pineapple Wheat Bread Milk	27-Apr Turkey Pasta Primavera Chuckwagon Blend Vegetable Greek Salad Prunes Wheat Roll Milk	28-Apr Chicken Supreme Mashed Potato w/Gravy Broccoli Carrot Raisin Salad Mixed Berries Wheat Bread Milk

This menu may be changed at any time. Substitutions are made based on product availability or to satisfy the requirements of therapeutic diets.