

**SENIOR
APRIL
2019**



**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 |
|---|---|--|---|---|
| 1 | 2 | 3 | 4 | 5 |
| COUNTRY MEATBALLS MASHED POT \ GRAVY BRUSSELL SPROUTS DINNER ROLL PEACHES | PIZZA BURGER WHEAT BUN GREEN BEANS TATOR TOTS DICED PEARS | SPAGHETTI W \ MEATSAUCE STEAMED PEAS WH. KERNEL CORN GARLIC BREAD APRICOTS | A.) HOT TURKEY SAND. MASHED POT/GRAVY WINTER BLEND VEGG. WHEAT BREAD - 2 FRUIT COCKTAIL B.)HAM/CHIX NOODLE | SEASONED TILAPIA ROASTED POTATOES GREEN BEANS MANDARIN ORANGES DINNER ROLL |
| 8 | 9 | 10 | 11 | 12 |
| CHICKEN PARMESAN PASTA W/ MARINARA SICILIAN BLEND VEG DINNER ROLL DICED PEARS | SAUSAGE GRAVY W \ BISCUIT HASH BROWN POTATO FRUIT JUICE BAKED PEACHES | POLISH SAUSAGE SOUR KRAUT POTATO WEDGES BAKED BEANS CHILLED APPLESAUCE HOT DOG BUN | CHEESE RAVIOLI W/ MEATSAUCE BRUSSEL SPROUTS CAULIFLOWER GARLIC BREAD APRICOTS | A.) FISH SANDWICH TATOR TOTS PEAS PINEAPPLE TIDBITS TARTAR SAUCE B.) TURKEY/VEGETABLE |
| 15 | 16 | 17 | 18 | 19 |
| HAMBURGER PATTY WHEAT BUN MAC & CHEESE CALIF. BLEND VEGGIES DICED PEARS | BBQ CHIX BREAST CHEESY POTATOES SEAS. GREEN BEANS DINNER ROLL JELLO W\FRUIT | BAKED PORK CHOP MASHED POT/GRAVY MIXED VEGGIES TOSSED SALAD/DRSG. DINNER ROLL APPLE CRISP | SWEET AND SOUR MEATBALLS FLUFFY RICE BLENDED VEGGIES WHEAT BREAD-1 APRICOTS | A) TUNA NOODLE CASSEROLE BROCCOLI \ CARROTS PINEAPPLE TIDBITS DINNER ROLL B.) CHIX SAL./TOMATO |
| 22 | 23 | 24 | 25 | 26 |
| CREAMY CHICKEN W/ PASTA BROCCOLI BAKED APPLES WHEAT BREAD - 1 | MEATLOAF MASHED POT/GRAVY STEWED TOM/ZUCCHINI DINNER ROLL \ BUTTER APRICOTS | CITRUS BAKED HAM SWEET POTATOES GREEN BEANS WHEAT BREAD-1 FRUIT COCKTAIL | ITALIAN SAUSAGE W\PEPPERS ON BUN RED POTATO WEDGES ITALIAN BLEND VEGGIES DICED PEACHES | CHEESEBURGER WHEAT BUN TATOR TOTS BAKED BEANS PINEAPPLE TIDBITS |
| 29 | 30 | | | |
| MEATBALL SUB PEAS & CARROTS SEAS. POTATO WEDGES MANDARIN ORANGES | SWEET/SOUR CHICKEN FLUFFY RICE STIR FRY VEGGIES DINNER ROLL APRICOTS | | | 8 oz. Low Fat Milk served with all lunches. |

