

**SENIOR  
APRIL  
2021**



**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**

	<b>MONDAY</b>	<b>TUESDAY</b>	<b>WEDNESDAY</b>	<b>THURSDAY</b>	<b>FRIDAY</b>
				<b>1</b>	<b>2</b>
	8 oz. Low Fat Milk served with all lunches. 			BEEFARONI GREEN BEANS CAULIFLOWER GARLIC BREAD APRICOTS	A) TUNA NOODLE CASSEROLE BROCCOLI/CARROTS PINEAPPLE TIDBITS DINNER ROLL B.) CHIX SAL./TOMATO
	<b>5</b>	<b>6</b>	<b>7</b>	<b>8</b>	<b>9</b>
	HAMBURGER PATTY WHEAT BUN MAC & CHEESE CALIF. BLEND VEGGIES DICED PEACHES	BBQ CHIX BREAST AUGRATIN POTATOES SEAS. GREEN BEANS DINNER ROLL/BUTTER FRUIT COCKTAIL	SALISBURY STEAK MASHED POT./GRAVY CALIF. BLEND VEGGIES WHEAT BREAD - 1 APRICOTS	SWEET AND SOUR MEATBALLS FLUFFY RICE BLENDED VEGGIES DINNER ROLL/BUTTER DICED PEARS	A. PEPPER STEAK MASHED POT./GRAVY GLAZED CARROTS WHEAT BREAD - 1 MANDARIN ORANGES B.) TURKEY/VEGETABLE
	<b>12</b>	<b>13</b>	<b>14</b>	<b>15</b>	<b>16</b>
	BAKED CHIX BREAST MASHED POT \ GRAVY STEAMED PEAS DINNER ROLL/BUTTER STRAWBERRY APPLESC. E.	MEATLOAF CHEESY POTATOES BRUSSEL SPROUTS WHEAT BREAD - 1 DICED PEARS	BAKED PORK CHOP MASHED POT./GRAVY GREEN BEANS DINNER ROLL/BUTTER CHERRY CRISP	ITALIAN SAUSAGE W\PEPPERS ON BUN RED POTATO WEDGES ITALIAN BLEND VEGGIES APRICOTS	A.) CRISPY FISH SAND. WHEAT BUN/TARTAR MAC & CHEESE PEAS DICED PEACHES B.) TURKEY/MINESTRONE
	<b>19</b>	<b>20</b>	<b>21</b>	<b>22</b>	<b>23</b>
	SALISBURY STEAK MASHED POT./GRAVY GREEN BEANS DINNER ROLL MANDARIN ORANGES	SWEET/SOUR CHICKEN FLUFFY RICE STIR FRY VEGGIES DINNER ROLL/BUTTER APRICOTS	MEATBALL SUB PEAS & CARROTS SEASON POT. WEDGES DICED PEACHES	A. TURKEY BURGER WHEAT BUN SWEET POTATO FRIES BROCCOLI APPLE CRISP B.) TUNA SAL/CHIX RICE	HOT HAM & CHEESE WHEAT BUN TATOR TOTS BAKED BEANS CHILLED APPLESAUCE
	<b>26</b>	<b>27</b>	<b>28</b>	<b>29</b>	<b>30</b>
	BBQ RIBLETT WHEAT BUN CHEESY POTATOES COUNTRY MIXED VEG DICED PEARS	CREAMY CHICKEN PASTA CARROTS STEAMED PEAS WHEAT BREAD - 1 CHILLED PINEAPPLE	CHEESEBURGER ON WHEAT BUN TATOR TOTS BAKED BEANS AMBROSIA FRUIT SALAD	A. LEMON PEPPER CHIX WILD RICE BROCCOLI DINNER ROLL APPLESAUCE B.) HAM/VEGETABLE	CITRUS BAKED HAM SWEET POTATOES SCAND. BLEND VEGGIES DINNER ROLL DICED PEACHES