

SENIOR

April
2024



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
ROSEMARY HERBED CHX MASHED POT/GRAVY GREEN BEANS WGR DINNER ROLL MIXED CITRUS FRUIT CUP	BAKED ZITI W\MEATSAUCE ITALIAN BLEND VEG. WGR GARLIC BREAD HOT APPLESAUCE	A.) MEATLOAF MASHED POT/GRAVY GLAZED CARROTS WGR DINNER ROLL APRICOTS B.) LIVER & ONIONS	JUMBO HOT DOG WBUN BAKED BEANS POTATO WEDGES MANDARIN ORANGES RELISH PACKET	CITRUS BAKED HAM SWEET POTATOES SCAND. BLEND VEGGIES WGR DINNER ROLL DICED PEACHES
8	9	10	11	12
B.B.Q. CHIX BREAST WGR DINNER ROLL CHEESY POTATOES CAULIFLOWER PINEAPPLE TIDBITS	A.) SLOPPY JOE WGR WHEAT BUN TATOR TOTS BROCCOLI DICED PEARS B.) HAM/VEGETABLE	BAKED CHICKEN QTR MASHED POT/GRAVY COIN CARROTS WGR DINNER ROLL PEACH COBBLER	MUSHROOM SWISS BURGER ON WGR BUN POTATO WEDGES BAKED BEANS APRICOTS	FISH PATTY W\TARTAR WGR WHEAT BUN MAC & CHEESE CALIF. BLEND VEGGIES STRWBRRY APPLESAUCE
15	16	17	18	19
COUNTRY MEATBALLS MASHED POT \ GRAVY LIMA BEANS WGR DINNER ROLL PEACHES	CHICKEN PATTY WGR WHEAT BUN PEAS & CARROTS SCALLOPED POTATOES PINEAPPLE	SPAGHETTI W \ MEATSAUCE GREEN BEANS CAULIFLOWER WGR GARLIC BREAD APRICOTS	A.) HOT TURKEY SAND. MASHED POT/GRAVY WINTER BLEND VEGG. WGR WHEAT BREAD -1 FRUIT COCKTAIL B.)HAM/CHIX NOODLE	CHEESY BEEF TACO WGR FLOUR TORTILLA LETTUCE/TOMATO SPANISH RICE \ BEANS FRESH FRUIT TACO SAUCE
22	23	24	25	26
CHICKEN PARMESAN PASTA W/ MARINARA SICILIAN BLEND VEG WGR DINNER ROLL DICED PEARS	SAUSAGE GRAVY W \ WGR BISCUIT HASH BROWN POTATO 2 SAUSAGE PATTIES ORANGE JUICE	POLISH SAUSAGE SAUERKRAUT POTATO WEDGES BAKED BEANS CHILLED APPLESAUCE WGR HOT DOG BUN	BEEFARONI CALIF. BLEND VEGGIES CORN MUFFIN APRICOTS	A.) PEPPER STEAK MASHED POT./GRAVY COIN CARROTS WGR WHEAT BREAD -1 MANDARIN ORANGES B.) TURKEY/VEGETABLE
29	30			
HAMBURGER PATTY WGR WHEAT BUN MAC & CHEESE CALIF. BLEND VEGGIES DICED PEACHES	BBQ CHIX BREAST AUGRATIN POTATOES SEAS. GREEN BEANS WGR DINNER ROLL FRUIT COCKTAIL			8 oz. Low Fat Milk served with all lunches.

