



FEED MORE
Meals on Wheels (804) 673-5035

April 2025

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
	1 Breaded Baked Fish Corn and Cheese Pudding Sauteed Spinach w/ Olive Oil Fresh Fruit Whole Wheat Roll	2 Roast Turkey w/ Gravy Herbed Bread Stuffing Brussels Sprouts Fruited Gelatin Salad Whole Wheat Roll	3 Old Fashioned Meatloaf w/ Gravy Garlic Smashed Potatoes Seasoned Broccoli Fresh Fruit Whole Wheat Roll	4 Maple Glazed Pork Loin Butternut Squash with Pears Roasted Cauliflower Side Salad w/ Dressing Whole Wheat Roll
7 Cheese Omelet w/Pico de Gallo Roasted Asparagus Oven Fried Potatoes Fresh Fruit Whole Wheat Roll	8 Lemon Basil Chicken w/ Mushrooms Seasonal Vegetable Butternut Squash Bake Fruit Cocktail Custard Bread Pudding	9 Salmon Cakes Seasoned Greens Parsley Buttered Carrots Butterscotch Apple Dessert Whole Wheat Roll	10 BBQ Pulled Pork Braised Red Cabbage Sweet Potato Pudding Salad and Dressing Whole Wheat Roll	11 Beef Pot Roast Oven Roasted Potatoes Italian Green Beans Fresh Fruit Whole Grain Muffin
14 Mac and Cheese Stewed Tomatoes Seasoned Broccoli Fresh Fruit Whole Wheat Roll	15 Baked Fish Florentine Brown & Yellow Rice Pilaf Seasonal Vegetable Fruited Gelatin Salad Corn Bread	16 Turkey Dressing Supreme Cranberry Glazed Carrots Side Salad w/ Dressing Whole Wheat Roll	17 Bavarian Beef Buttered Peas & Onions Roasted Cauliflower Fresh Fruit Whole Wheat Roll	18 Cheese Ravioli with Marinara Sauce Mixed Italian Vegetables Pear Crumble Garlic Bread
21 Chicken Pot Pie Turnips & Greens Spiced Peaches Whole Wheat Roll	22 Pork w/ Apples and Cranberries Baked Sweet Potato California Blend Vegetables Pineapple Chunks Whole Wheat Roll	23 Orange Chicken & Broccoli Stir-fry Brown Rice Seasoned Beets Fresh Fruit Whole Wheat Roll	24 Baked Fish w/ Lemon Butter Quinoa w/ Roasted Root Veg Seasonal Vegetable Fresh Fruit Custard Bread Pudding	25 Chili Con Carne Baked Potato Cinnamon Baked Apples Side Salad w/ Dressing Whole Wheat Crackers
28 Orange-Cranberry Chicken Seasonal Vegetable Baked Acorn Squash Cinnamon Applesauce Banana Oatmeal Bread	29 Breaded Baked Fish Corn and Cheese Pudding Sauteed Spinach w/ Olive Oil Fresh Fruit Whole Wheat Roll	30 Roast Turkey w/ Gravy Herbed Bread Stuffing Brussels Sprouts Fruited Gelatin Salad Whole Wheat Roll		

Meal includes 1% milk or calcium fortified beverage packets. Fruits are unsweetened. Bread includes 1 pat of spread. Menu is subject to change.