

Meals on Wheels Etc. Congregate – Bram Towers, Sanford, Longwood, E. Altamonte, Casselberry, Alz Easter Seals, CCE.
April 2024

Allison Goodman RD, LD

Date: 2/22/2024

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<u>WEEK ONE</u>	1 Ham Black eyed peas Cabbage Cornbread Mandarin oranges Milk	2 Shepard's pie Green beans Baby carrots Garlic sticks Applesauce Milk	3 Turkey sandwich on 2 WW bread slices Slaw salad Potato soup Strawberry kiwi cup Milk	4 Hamburger on ww bun Baked potato (green onion and cheddar cheese) Lettuce, tomato, ketchup, mayo, must Green beans Lemon raspberry cup Milk	5 Korean BBQ chicken Fried rice Oriental vegetables Corn Fruit cocktail Milk
<u>WEEK TWO</u>	8 Chicken burger Waffle fries Mixed veggies WW bun Mandarin oranges Ketchup/mustard/mayo Lettuce/tom Milk	9 Spaghetti w meatballs Tossed salad w dressing Corn Italian bread Tropical fruit Milk	10 Egg salad/WW bread Vegetable soup Tossed salad w dressing Pineapple Milk	11 Salisbury steak Mashed sweet potatoes Green beans WW bread Raisins Milk	12 Roasted pork loin Polenta Sauteed kale Applesauce Biscuit Milk
<u>WEEK THREE</u>	15 Sausage w peppers and onions Roasted potatoes Sauteed kale Fruit cocktail WW hot dog bun Milk	16 Taco (beef) with cheese and salsa Brown rice / beans Mixed vegetables Lettuce/tomato Whole wheat tortilla Strawberry kiwi cup Milk	17 Veg chili Greens Mashed potatoes Cornbread Pears Milk	18 Grilled chicken w roasted red pepper sauce Wild rice Broccoli/carrots Garlic sticks Mandarin oranges Milk	19 Pot roast w gravy Mashed potatoes Green beans WW roll Applesauce Milk
<u>WEEK FOUR</u>	22 Chicken parmesan Penne marinara Spinach Garlic sticks Mandarin oranges Milk	23 Meatloaf Mashed potatoes Mixed veggies Pineapple Biscuit Milk	24 Tuna salad sandwich Snap pea salad Tomato basil soup Banana (2) WW bread Milk	25 Sloppy joe on WW bun Roasted potatoes Broccoli casserole Craisins Milk	26 Fish w pesto sauce Potato au gratin Green beans Birthday dessert WW bread Milk
<u>WEEK FIVE</u>	29 Chicken fettuccini alfredo Carrots Spinach Garlic sticks Applesauce Milk	30 Chef salad Potato salad Pear Garlic sticks Milk			