

April

Spring
has
Sprung!

Meals on Wheels Menu

Congregate Meals will resume at a later date

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>Grab & Go Lunches Available Monday - Friday Pick-up begins at noon \$3 suggested donation Call 24 hours in advance to reserve a meal: 248.659.1032</p>			<p>1 Stuffed Cabbage Rolls Green Beans Beets Orange Wheat Bread</p>	<p>2 BUILDING CLOSED</p>
<p>5 BUILDING CLOSED</p>	<p>6 Stuffed Pepper Red Skin Potatoes California Blend Apricots Roll</p>	<p>7 Beef Pastie w/Gravy Three Bean Salad Zucchini Cole Slaw Ambrosia Roll</p>	<p>8 Roasted Turkey with Gravy Garlic Mashed Potatoes Asparagus Bean Salad Mixed Fruit Corn Muffin</p>	<p>9 Mostaccioli with Meat Sauce Carrots Romaine Salad Pear Slices Wheat Roll</p>
<p>12 Swedish Meatballs Noodles Scandinavian Blend Pea Salad Fruit Salad Roll</p>	<p>13 Pork Chop with Sauerkraut Rosemary Roasted Potato Prince Charles Blend Grapes Whole Wheat Bread</p>	<p>14 Chicken a la King Whole Potatoes Mixed Vegetables Fruit Salad Bread Stick</p>	<p>15 Italian Ravioli Savory Spinach Cabbage Pineapple Slaw Orange Wheat Bread</p>	<p>16 Chicken Parmesan Vegetable Rice Pilaf Cole Slaw Apple Breadstick</p>
<p>19 Macaroni & Cheese Herbed Green Beans Carrots Fruit Cocktail Corn Muffin</p>	<p>20 Chinese Chicken Cassorole Carrot Salad Oriental Blend Vegetable Grapes Roll</p>	<p>21 Italian Lasagna Italian Cut Green Beans Carrot Salad Fruit Medley Italian Bread</p>	<p>22 Pizza Three Bean Salad Creamy Cole Slaw Red Apple Cookie</p>	<p>23 Baked Cod Baked Potato Broccoli Cuts Apricots Roll</p>
<p>26 Salisbury Steak Parsley Potatoes Roasted Brussel Sprouts Sliced Peaches Wheat Bread</p>	<p>27 Escalloped Chicken & Noodles Green Beans Cabbage Slaw Banana Wheat Bread</p>	<p>28 Ham (Low Sodium) Au Gratin Potatoes Mixed Vegetables Fresh Pear Roll</p>	<p>29 Spanish Rice w/meat Key West Vegetable Carrot Salad Fruit Cup Whole Wheat Roll</p>	<p>30 Chicken w/Gravy Red Skin Potatoes Mixed Vegetable Fruit Salad Roll</p>

Older Persons' Commission | 650 Letica Drive | Rochester, MI | 48307 248.656.1403

The Senior Nutrition Program of the Area Agency on Aging 1-B is funded in part by the Federal Older Americans Act and the Michigan Department of Health & Human Services (MDHHS)/Aging and Adult Services Agency (AASA) and complies with the terms and regulations of the Title V of the Civil Rights Act of 1964 as amended, and Section 504 of the Social Rehabilitation Act of 1973 and is an Equal Opportunity Employer program. Reasonable accommodations will be provided upon notification or request. **Contact information: www.aaa1b.org • 1.800.852.7795**

