

Senior Café and Meals on Wheels

April

2025

Menu cycle 2 2025

All meals come with low-fat milk. Suggested Contribution: \$2 per meal.

Your contribution makes a difference and keeps our program going.

Thank you!



Monday 31	Tuesday 1	Wednesday 2	Thursday 3	Friday 4
<u>Beef & Bean Chili</u>	<u>Chicken & Biscuit</u>	<u>Pork Carnitas Bowl</u>	<u>Spaghetti & Meatballs</u>	<u>Braised Lentils & Dirty Rice</u>
Pear Cup Green Beans & Corn Brown Rice Beef & Bean Chili Shredded Cheese	Papaya & Mango Cup Green Peas & Carrots Whole Grain Biscuit Braised Chicken in Broth	Orange Cup Black Beans White Rice Pork Carnitas *Meal contains pork*	Pineapple Cup Broccoli Whole Grain Spaghetti Beef Meatballs Marinara	Raisins Stewed Tomatoes & Carrots Dirty Rice Braised Lentils
7	8	9	10	11
<u>BBQ Beef Meatloaf</u>	<u>Honestyle Tuna Casserole</u>	<u>Beef Stew</u>	<u>Roasted Red Pepper Pork Loin</u>	<u>Chicken Parmesan</u>
Pineapple Cup Collard Greens Cornbread Beef Meatloaf BBQ Sauce	Orange Cup Green Pea Whole Grain Rotini Creamy Tuna & Mushrooms Shredded Cheese	Carrots Mashed Potatoes Wheat Roll Slow Cooked Beef Stew	Raisins Green Bean Medley Whole Grain Penne Pork Loin Roasted Red Pepper Sauce *Meal contains pork*	Papaya & Mango Cup Marinara Whole Grain Spaghetti Whole Grain Chicken Patty Mozzarella
14	15	16	17	18
<u>Salisbury Steak</u>	<u>Italian Tuna Casserole</u>	<u>Cheeseburger Mac Bowl</u>	<u>Chicken Teriyaki</u>	<u>Penne Bolognese</u>
Pineapple Cup Herbed Green Pea Whole Grain Dinner Roll Salisbury Steak Patty Gravy	Raisins Steamed Carrots Pesto Rotini Parmesan Basil Creamed Tuna	Yellow Squash Whole Grain Macaroni Ground Beef Cheese Sauce	Papaya & Mango Cup Steamed Carrots Brown Rice Chicken Breast Teriyaki Sauce	Orange Cup Marinara with Mushrooms Whole Grain Penne Beef Bolognese
21	22	23	24	25
<u>Spaghetti & Meatballs</u>	<u>BBQ Pulled Pork</u>	<u>Black Beans & Yellow Rice</u>	<u>Turkey Chili</u>	<u>Lemon Chicken with Rice</u>
Applesauce Steamed Carrots Whole Grain Spaghetti Beef Meatballs Marinara	Papaya & Mango Cup Collard Greens Cornbread BBQ Pork	Raisins Peppers & Onions Yellow Rice Black Bean Stew	Applesauce Cauliflower Steamed Barley Turkey Chili	Raisins Green Peas & Carrots Brown Rice Lemon-Dill Chicken Breast
28	29	31	1	2
<u>Chicken Pot Pie</u>	<u>Tex-Mex Tuna Casserole</u>	<u>Roast Pork & Teriyaki Soba</u>	<u>Chicken & Broccoli</u>	<u>Italian Beef & Eggplant Pasta</u>
Orange Cup Green Bean Medley Whole Grain Biscuit Chicken Breast in Gravy	Pineapple Cup Peppers & Onions Mexican Rice Tomato & Cumin Tuna	Papaya & Mango Cup Snow Pea & Bell Pepper Teriyaki Soba Noodles Roast Pork Loin	Raisins Broccoli Brown Rice Pilaf Chicken Breast	Peach Cup Tomato & Basil Eggplant Whole Grain Macaroni Italian Ground Beef

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Monday 28	Tuesday 29	Wednesday 31	Thursday 1	Friday 2
Chicken Pot Pie	Tex-Mex Tuna Casserole	Roast Pork & Teriyaki Soba	Chicken & Broccoli	Italian Beef & Eggplant Pasta
Orange Cup Green Bean Medley Whole Grain Biscuit Chicken Breast in Gravy	Pineapple Cup Peppers & Onions Mexican Rice Tomato & Cumin Tuna	Papaya & Mango Cup Snow Pea & Bell Pepper Teriyaki Soba Noodles Roast Pork Loin	Raisins Broccoli Brown Rice Pilaf Chicken Breast	Peach Cup Tomato & Basil Eggplant Whole Grain Macaroni Italian Ground Beef
5	6	7	8	9
Red Beans & Dirty Rice	Lentil Sloppy Joe	Chicken Parmesan	Turkey Shepherd's Pie	Chicken Fajita Bowl
Low Fat Milk Pear Cup Steamed Spinach Dirty Rice Red Bean Stew	Low Fat Chocolate Milk Papaya & Mango Cup Mustard Chow Chow Whole Grain Bun Lentils & Turkey in Tomato sauce	Low Fat Milk Orange Cup Marinara Whole Grain Spaghetti Chicken Patty	Low Fat Chocolate Milk Mixed Vegetables with Corn Mashed Potatoes Turkey in gravy	Low Fat Milk Pineapple Cup Pinto Bean Stew White Rice with Peppers Chicken Breast
12	13	14	15	16
Salisbury Steak	Italian Tuna Casserole	Cheeseburger Mac Bowl	Chicken Teriyaki	Penne Bolognese
Pineapple Cup Herbed Green Pea Whole Grain Dinner Roll Salisbury Steak Patty Gravy	Raisins Steamed Carrots Pesto Rotini Parmesan Basil Creamed Tuna	Yellow Squash Whole Grain Macaroni Ground Beef Cheese Sauce	Papaya & Mango Cup Steamed Carrots Brown Rice Chicken Breast Teriyaki Sauce	Orange Cup Marinara with Mushrooms Whole Grain Penne Beef Bolognese
19	20	21	22	23
Spaghetti & Meatballs	BBQ Pulled Pork	Black Beans & Yellow Rice	Turkey Chili	Lemon Chicken with Rice
Applesauce Steamed Carrots Whole Grain Spaghetti Beef Meatballs Marinara	Papaya & Mango Cup Collard Greens Cornbread BBQ Pork	Raisins Peppers & Onions Yellow Rice Black Bean Stew	Applesauce Cauliflower Steamed Barley Turkey Chili	Raisins Green Peas & Carrots Brown Rice Lemon-Dill Chicken Breast
26	27	28	29	30
Closed Memorial Day	Tex-Mex Tuna Casserole	Roast Pork & Teriyaki Soba	Chicken & Broccoli	Italian Beef & Eggplant Pasta
	Low Fat Milk Pineapple Cup Peppers & Onions Mexican Rice Tomato & Cumin Tuna	Low Fat Milk Papaya & Mango Cup Snow Pea & Bell Pepper Teriyaki Soba Noodles Roast Pork Loin	Low Fat Milk Raisins Broccoli Brown Rice Pilaf Chicken Breast	Low Fat Milk Peach Cup Tomato & Basil Eggplant Whole Grain Macaroni Italian Ground Beef

Senior Café and Meals on Wheels

June

2025

Menu cycle 2 2025

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Monday 2		Tuesday 3		Wednesday 4		Thursday 5		Friday 6	
<u>Red Beans & Dirty Rice</u>		<u>Lentil Sloppy Joe</u>		<u>Chicken Parmesan</u>		<u>Turkey Shepherd's Pie</u>		<u>Chicken Fajita Bowl</u>	
Low Fat Milk	Pear Cup	Low Fat Chocolate Milk	Papaya & Mango Cup	Low Fat Milk	Orange Cup	Low Fat Chocolate Milk	Orange Cup	Low Fat Milk	Pineapple Cup
Steamed Spinach	Dirty Rice	Mustard Chow Chow	Whole Grain Bun	Marinara	Whole Grain Spaghetti	Mixed Vegetables with Corn	Mashed Potatoes	Pinto Bean Stew	White Rice with Peppers
Red Bean Stew		Lentils & Turkey in Tomato sauce		Chicken Patty		Turkey in gravy		Chicken Breast	
9		10		11		12		13	
<u>Salisbury Steak</u>		<u>Italian Tuna Casserole</u>		<u>Cheeseburger Mac Bowl</u>		<u>Chicken Teriyaki</u>		<u>Penne Bolognese</u>	
Pineapple Cup	Herbed Green Pea	Raisins	Steamed Carrots	Yellow Squash	Whole Grain Macaroni	Papaya & Mango Cup	Steamed Carrots	Orange Cup	Marinara with Mushrooms
Whole Grain Dinner Roll	Salisbury Steak Patty	Parmesan Basil Creamed Tuna		Ground Beef	Cheese Sauce	Brown Rice	Chicken Breast	Whole Grain Penne	Beef Bolognese
Gravy						Teriyaki Sauce			
16		17		18		19		20	
<u>Spaghetti & Meatballs</u>		<u>BBQ Pulled Pork</u>		<u>Black Beans & Yellow Rice</u>		<u>Turkey Chili</u>		<u>Lemon Chicken with Rice</u>	
Applesauce	Steamed Carrots	Papaya & Mango Cup	Collard Greens	Raisins	Peppers & Onions	Applesauce	Cauliflower	Raisins	Green Peas & Carrots
Whole Grain Spaghetti	Beef Meatballs	Cornbread	BBQ Pork	Yellow Rice	Black Bean Stew	Steamed Barley	Turkey Chili	Brown Rice	Lemon-Dill Chicken Breast
Marinara									
23		24		25		26		27	
<u>Chicken Pot Pie</u>		<u>Tex-Mex Tuna Casserole</u>		<u>Roast Pork & Teriyaki Soba</u>		<u>Chicken & Broccoli</u>		<u>Italian Beef & Eggplant Pasta</u>	
Low Fat Chocolate Milk	Orange Cup	Low Fat Milk	Pineapple Cup	Low Fat Milk	Papaya & Mango Cup	Low Fat Milk	Raisins	Low Fat Milk	Peach Cup
Green Bean Medley	Whole Grain Biscuit	Peppers & Onions	Mexican Rice	Snow Pea & Bell Pepper	Teriyaki Soba Noodles	Broccoli	Brown Rice Pilaf	Tomato & Basil Eggplant	Whole Grain Macaroni
Chicken Breast in Gravy		Tomato & Cumin Tuna		Roast Pork Loin		Chicken Breast		Italian Ground Beef	
30		1		2		3		4	
<u>Red Beans & Dirty Rice</u>		<u>Lentil Sloppy Joe</u>		<u>Chicken Parmesan</u>		<u>Turkey Shepherd's Pie</u>		<u>Closed 4th of July Holiday</u>	
Low Fat Milk	Pear Cup	Low Fat Chocolate Milk	Papaya & Mango Cup	Low Fat Milk	Orange Cup	Low Fat Chocolate Milk			
Steamed Spinach	Dirty Rice	Mustard Chow Chow	Whole Grain Bun	Marinara	Whole Grain Spaghetti	Mixed Vegetables with Corn	Mashed Potatoes		
Red Bean Stew		Lentils & Turkey in Tomato sauce		Chicken Patty		Turkey in gravy			

April Menu 2025

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Monday	Tuesday	Wednesday	Thursday	Friday
<p>31 Peaches Raspberry BBQ Grilled Chicken Spring Vegetables Oven Roasted Potatoes Whole Grain Bread, Butter</p>	<p>1 Grape Juice Pepper steak with Pizzaiola Sauce Peppers, Wax Beans Penne Whole Grain Roll, Butter</p>	<p>2 French Onion-Breaded Pork Chop Gravy Mashed Potatoes, Carrots Cinnamon Apple Crisp Whole Grain Bread, Butter</p>	<p>3 Fresh Orange Peppered Egg Salad Sandwich Celery, Lettuce, Mayo Broccoli slaw, WG Bread</p>	<p>4 Applesauce Swiss Steak Mashed Potatoes Normandy Blend Whole Grain Bread, Butter</p>
<p>7 Cinnamon Applesauce Chicken Parmesan Marinara Sauce Mozzarella Cheese Brussel Sprouts Whole Grain Rotini Bread, Butter</p>	<p>8 Peaches Ham Steak with Pineapple Glaze 4-way Vegetable Mashed Potatoes Whole Grain Rolls, Butter</p>	<p>9 Apple Juice Chicken Scampi Brown Rice Pilaf Succotash Peas and Peppers Whole Grain Bread, Butter</p>	<p>10 Grape Juice Honey Mustard Turkey Sandwich Celery, Lettuce, Mayo Pepper slaw Whole Grain Bread Cocoa Cherry WG Bar</p>	<p>11 Mandarin Oranges Glazed Korean BBQ Meatballs Korean BBQ Sauce Brown Rice Pilaf Asian Vegetables Whole Grain Bread, Butter</p>
<p>14 Grape Juice BBQ Seasoned Pork Pork Riblet Green Beans Sweet Potatoes Whole Grain Bread, Butter</p>	<p>15 Tropical Fruit Chicken a La Bleu Cream Sauce, Swiss Cheese Turkey Canadian Bacon Carrots with Dill Mashed Potatoes Whole Grain Roll, Butter</p>	<p>16 Salisbury Steak (Beef) Mushroom Gravy Classic Mashed Potatoes Carrots Warm Cinnamon Apples Whole Grain Bread, Butter</p>	<p>17 Fresh Orange Chicken Cobb Salad lettuce, Cherry tomatoes Boiled Eggs, Cheddar Ranch, Pasta Salad Whole Grain Roll, Butter</p>	<p>18 Apple Juice Cheese Pizza Italian Bean Medley (Wax Beans, Chickpeas, Tomatoes, Kale Pesto) Butter</p>
<p>21 Applesauce Classic Meatloaf w/Gravy Glazed Carrot Coins Mashed Potatoes, Cheddar Whole Grain Bread, Butter</p>	<p>22 Pears Turkey Divan Broccoli, Cheese Sauce Brown Rice Pilaf Whole Grain Roll, Butter</p>	<p>23 Mandarin Oranges Chicken Piccata Meatballs Whole Grain Penne Spinach, Capers Tuscany Vegetables Whole Grain Bread, Butter</p>	<p>24 Grape Juice Open Face Tuna Salad Chickpeas, Cucumber/Celery Shredded Lettuce Farro Lentil Salad Whole Grain Bread, Butter</p>	<p>25 Tropical Fruit Chicken Marsala Mushroom Marsala Brown Rice Pilaf Green Beans and Peppers Whole Grain Bread, Butter</p>
<p>28 Peaches Raspberry BBQ Grilled Chicken Spring Vegetables Oven Roasted Potatoes Whole Grain Bread, Butter</p>	<p>29 Grape Juice Pepper steak with Pizzaiola Sauce Peppers, Wax Beans Penne Whole Grain Roll, Butter</p>	<p>30 French Onion-Breaded Pork Chop w/Gravy Mashed Potatoes Carrots Cinnamon Apple Crisp Whole Grain Bread, Butter</p>	<p>1 Fresh Orange Peppered Egg Salad Sandwich on WG Bread Celery, Lettuce, Mayo Broccoli slaw</p>	<p>2 Applesauce Swiss Steak Mashed Potatoes Normandy Blend Whole Grain Bread, Butter</p>

May Menu 2025

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Monday	Tuesday	Wednesday	Thursday	Friday
			1 Fresh Orange Peppered Egg Salad Sandwich Celery, Lettuce, Mayo Broccoli slaw, Bread	2 4 oz Applesauce Swiss Steak Mashed Potatoes Normandy Blend Whole Grain Bread, Butter
5 Cinnamon Applesauce Chicken Parmesan Marinara Sauce Mozzarella Cheese Brussel Sprouts Whole Grain Rotini Bread, Butter	6 Peaches Ham Steak with Pineapple Glaze 4-way Vegetable Mashed Potatoes Whole Grain Rolls, Butter	7 Apple Juice Chicken Scampi Brown Rice Pilaf Succotash Peas and Peppers Whole Grain Bread, Butter	8 Grape Juice Honey Mustard Turkey Sandwich Celery, Lettuce, Mayo Pepper slaw Whole Grain Bread Cocoa Cherry WG Bar	9 Mandarin Oranges Glazed Korean BBQ Meatballs Korean BBQ Sauce Brown Rice Pilaf Asian Vegetables Whole Grain Bread, Butter
12 Grape Juice BBQ Seasoned Pork Pork Riblet Green Beans Sweet Potatoes Whole Grain Bread, Butter	13 Tropical Fruit Chicken a La Bleu Cream Sauce, Swiss Cheese Turkey Canadian Bacon Carrots with Dill Mashed Potatoes Whole Grain Roll, Butter	14 Salisbury Steak (Beef) Mushroom Gravy Classic Mashed Potatoes Carrots Warm Cinnamon Apples Whole Grain Bread, Butter	15 Fresh Orange Chicken Cobb Salad lettuce, Cherry tomatoes Boiled Eggs, Cheddar Ranch, Pasta Salad Whole Grain Roll, Butter	16 Apple Juice Cheese Pizza Italian Bean Medley (Wax Beans, Chickpeas, Tomatoes, Kale Pesto) Butter
19 Applesauce Classic Meatloaf w/Gravy Glazed Carrot Coins Mashed Potatoes, Cheddar Whole Grain Bread, Butter	20 Pears Turkey Divan Broccoli, Cheese Sauce Brown Rice Pilaf Whole Grain Roll, Butter	21 Mandarin Oranges Chicken Piccata Meatballs Whole Grain Penne Spinach, Capers Tuscany Vegetables Whole Grain Bread, Butter	22 Grape Juice Open Face Tuna Salad Chickpeas, Cucumber/Celery Shredded Lettuce Farro Lentil Salad Whole Grain Bread, Butter	23 Tropical Fruit Chicken Marsala Mushroom Marsala Brown Rice Pilaf Green Beans and Peppers Whole Grain Bread, Butter
26 Closed Memorial Day	27 Grape Juice Pepper steak with Pizzaiola Sauce Peppers, Wax Beans Penne Whole Grain Roll, Butter	28 French Onion-Breaded Pork Chop w/Gravy Mashed Potatoes Carrots Cinnamon Apple Crisp Whole Grain Bread, Butter	29 Fresh Orange Peppered Egg Salad Sandwich on WG Bread Celery, Lettuce, Mayo Broccoli slaw	30 4 oz Applesauce Swiss Steak Mashed Potatoes Normandy Blend Whole Grain Bread, Butter

June Menu 2025

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Monday	Tuesday	Wednesday	Thursday	Friday
<p>2</p> <p>Cinnamon Applesauce Chicken Parmesan Marinara Sauce Mozzarella Cheese Brussel Sprouts Whole Grain Rotini Bread, Butter</p>	<p>3</p> <p>Peaches Ham Steak with Pineapple Glaze 4-way Vegetable Mashed Potatoes Whole Grain Rolls, Butter</p>	<p>4</p> <p>Apple Juice Chicken Scampi Brown Rice Pilaf Succotash Peas and Peppers Whole Grain Bread, Butter</p>	<p>5</p> <p>Grape Juice Honey Mustard Turkey Sandwich Celery, Lettuce, Mayo Pepper slaw Whole Grain Bread Cocoa Cherry WG Bar</p>	<p>6</p> <p>Mandarin Oranges Glazed Korean BBQ Meatballs Korean BBQ Sauce Brown Rice Pilaf Asian Vegetables Whole Grain Bread, Butter</p>
<p>9</p> <p>Grape Juice BBQ Seasoned Pork Pork Riblet Green Beans Sweet Potatoes Whole Grain Bread, Butter</p>	<p>10</p> <p>Tropical Fruit Chicken a La Bleu Cream Sauce, Swiss Cheese Turkey Canadian Bacon Carrots with Dill Mashed Potatoes Whole Grain Roll, Butter</p>	<p>11</p> <p>Salisbury Steak (Beef) Mushroom Gravy Classic Mashed Potatoes Carrots Warm Cinnamon Apples Whole Grain Bread, Butter</p>	<p>12</p> <p>Fresh Orange Chicken Cobb Salad lettuce, Cherry tomatoes Boiled Eggs, Cheddar Ranch, Pasta Salad Whole Grain Roll, Butter</p>	<p>13</p> <p>Apple Juice Cheese Pizza Italian Bean Medley (Wax Beans, Chickpeas, Tomatoes, Kale Pesto) Butter</p>
<p>16</p> <p>Applesauce Classic Meatloaf w/Gravy Glazed Carrot Coins Mashed Potatoes, Cheddar Whole Grain Bread, Butter</p>	<p>17</p> <p>Pears Turkey Divan Broccoli, Cheese Sauce Brown Rice Pilaf Whole Grain Roll, Butter</p>	<p>18</p> <p>4 oz. Mandarin Oranges Chicken Piccata Meatballs Whole Grain Penne Spinach, Capers Tuscany Vegetables Whole Grain Bread, Butter</p>	<p>19</p> <p>Closed Juneteenth</p>	<p>20</p> <p>4 oz Tropical Fruit Chicken Marsala Mushroom Marsala Brown Rice Pilaf Green Beans and Peppers Whole Grain Bread, Butter</p>
<p>23</p> <p>Peaches Raspberry BBQ Grilled Chicken Spring Vegetables Oven Roasted Potatoes Whole Grain Bread, Butter</p>	<p>24</p> <p>Grape Juice Pepper steak with Pizzaiola Sauce Peppers, Wax Beans Penne Whole Grain Roll, Butter</p>	<p>25</p> <p>French Onion-Breaded Pork Chop w/Gravy Mashed Potatoes Carrots Cinnamon Apple Crisp Whole Grain Bread, Butter</p>	<p>26</p> <p>Fresh Orange Peppered Egg Salad Sandwich on WG Bread Celery, Lettuce, Mayo Broccoli slaw</p>	<p>27</p> <p>4 oz Applesauce Swiss Steak Mashed Potatoes Normandy Blend Whole Grain Bread, Butter</p>
<p>30</p> <p>Cinnamon Applesauce Chicken Parmesan Marinara Sauce Mozzarella Cheese Brussel Sprouts Whole Grain Rotini Bread, Butter</p>	<p>1</p> <p>Peaches Ham Steak with Pineapple Glaze 4-way Vegetable Mashed Potatoes Whole Grain Rolls, Butter</p>	<p>2</p> <p>Apple Juice Chicken Scampi Brown Rice Pilaf Succotash Peas and Peppers Whole Grain Bread, Butter</p>	<p>3</p> <p>Grape Juice Honey Mustard Turkey Sandwich Celery, Lettuce, Mayo Pepper slaw Whole Grain Bread Cocoa Cherry WG Bar</p>	<p>4</p> <p>Mandarin Oranges Glazed Korean BBQ Meatballs Korean BBQ Sauce Brown Rice Pilaf Asian Vegetables Whole Grain Bread, Butter</p>