



Meals on Wheels,  
A Program of FeedMore Western New York  
**APRIL 2019 Menu**

**MENU may change without notice.**

**Special Diet** meals may be different than stated on the menu to meet diet requirements. The regular menu is listed here. If you are on a special diet and have specific questions, please contact the Nutrition Department at 822-2002. We can inform you if there are any menu changes for the day.

<b>MONDAY</b>	<b>TUESDAY</b>	<b>WEDNESDAY</b>	<b>THURSDAY</b>	<b>FRIDAY</b>	<b>Food Safety Reminder</b>
<b>1</b>	<b>2</b>	<b>3</b>	<b>4</b>	<b>5</b>	
Cheese Omelet w/ Cheese Sauce/Tater Tots (28g CHO) Turkey/White Bread (24g CHO)	Chicken Leg w/ Gravy/Carrots/Cauliflower (19g CHO) Egg Salad/Wheat Bread (23g CHO)	Roast Beef w/ Gravy/Sweet Potato/ Cabbage (43g CHO) Ham/Wheat Bread (20g CHO)	Bratwurst w/ Baked Beans/ Mixed Veggies/Roasted Potatoes/Hot Dog Roll (88g CHO) Chicken Salad w/ Cranberries/ White Bread (37g CHO)	Cheese Ravioli w/ Tomato Sauce & Mozzarella Cheese/ Peas (57g CHO) Tuna Salad/Rye Bread/Potato Salad (56g CHO)	
<b>8</b>	<b>9</b>	<b>10</b>	<b>11</b>	<b>12</b>	
Boneless Chicken Breast w/ Marsala Sauce/Mixed Vegetables/Cauliflower (21g CHO) Peanut Butter & Jelly/Wheat Bread (33g CHO)	Tortellini w/ Tomato Meat Sauce (76g CHO) Chicken Salad w/ Cranberries/ Wheat Hamburger Roll (36g CHO)	Polish Sausage w/ Sauerkraut/ Fresh Roasted Red Skin Potato/Hot Dog Bun (38g CHO) Turkey/White Bread (24g CHO)	Salisbury Steak w/ Onion Gravy/Scalloped Potatoes/ Peas (53g Cho) Ham/Multigrain Bread (40g CHO)	Macaroni & Cheese/Diced Beets (36g CHO) Hard Boiled Eggs w/ Mayo/ Rye Bread/Carrot Pineapple Salad (48g CHO)	
<b>15</b>	<b>16</b>	<b>17</b>	<b>18</b>	<b>19</b>	
Meatballs w/ Tomato Sauce & Mozzarella Cheese/ Peas/ Penne Pasta (52g CHO) Yellow American Cheese/ Rye Bread (36g CHO)	Beef Pepper Steak Casserole/White Rice (30g CHO) Turkey/Wheat Bread (20g CHO)	Chicken Cordon Bleu w/ Herb Cream Sauce/Rice Pilaf (27g CHO) Egg Salad/Wheat Bread (23g CHO)	Roast Pork Chop w/ Cranberry Chutney/Sweet Potato/ Peas (75g CHO) Cooked Chicken Breast/ Multigrain Bread/Carrot Pineapple Salad (53g CHO)	Baked Tilapia w/ Creole Sauce/ Red Skin Potato (28g CHO) Tuna Salad/White Bread/ Confetti Coleslaw (41g CHO)	
<b>22</b>	<b>23</b>	<b>24</b>	<b>25</b>	<b>26</b>	
Cabbage Roll w/ Savory Meat Sauce/Mashed Potatoes/Corn (68g CHO) Peanut Butter & Jelly/Wheat Bread (33g CHO)	Panko Breaded Chicken Thigh/Cheddar Mashed Potato/Lima Bean Bake (51g CHO) Tuna Salad/Wheat Bread/Carrot Raisin Salad (40g CHO)	Beef Stroganoff/ Brown Rice (29g CHO) Turkey/Multigrain Bread (40g CHO)	Chicken Pasta Primavera/ Dinner Roll (43g CHO) Ham/Rye Bread (34g CHO)	Ham Steak w/ Maple Glaze/Cheesy Scalloped Potatoes/Corn Bread (56g CHO) Chicken Salad/Wheat Bread (25g CHO)	
<b>29</b>	<b>30</b>				
Chicken Vegetable Casserole/ Biscuit (35g CHO) Peanut Butter & Jelly/ Multigrain Bread (53g CHO)	Hot Dog w/ Roll/Baked Beans/Roasted Red Potato (44g CHO) Turkey/Rye Bread (34g CHO)		The essential work done by Meals on Wheels, A Program of FeedMore Western New York is made possible by generous financial support from community members, local foundations and corporations, as well as through grants from the U.S. Department of Health and Human Services, New York State Office for the Aging and Erie County's Departments of Senior Services and Social Services. For more information, visit <a href="http://www.mealsonwheelswny.org">www.mealsonwheelswny.org</a>		