

Fort Bend Seniors Meals on Wheels APRIL 2019 MENU



If you WILL NOT be home please call prior to or at least BEFORE 11am the Day Before to 281-633-7049.

Monday 4/1/2019	Tuesday 4/2/2019	Wednesday 4/3/2019	Thursday 4/4/2019	Friday 4/5/2019
Salisbury Beef Onion Gravy Garlic Whipped Potatoes Mixed Vegetables Wheat Bread Fresh Orange	Turkey Noodle Casserole* Squash Medley Country Tomatoes Wheat Bread Fresh Banana	Hamburger Patty Shredded Lettuce/Pickles Ranch Beans Hamburger Bun Hot Cinnamon Applesauce Mustard and Ketchup	Baked Chicken with Gravy Scalloped Potatoes Cabbage Cornbread Sugar Cookie Margarine	Italian Shells and Cheese ⊗ Herbed Green Peas Dilled Carrots Wheat Bread Chocolate Pudding Diet - Chocolate Pudding
Monday 4/8/2019	Tuesday 4/9/2019	Wednesday 4/10/2019	Thursday 4/11/2019	Friday 4/12/2019
Marinara Chicken Meatballs Parslied Penne Pasta Italian Vegetables Wheat Bread Fresh Fruit	Beef Burgundy Oven Roasted Potatoes Broccoli and Carrots Texas Bread Fresh Fruit	Turkey Pastrami* Swiss Cheese Lettuce and Tomato Potato Salad Wheat Bread (2) Fig Bar Mustard	Beef Chili with Beans ⊗ Chuckwagon Corn Diced Beets Saltine Crackers Fresh Fruit	Potato Crusted Fish Parslied Rice Green Beans with Onions Wheat Bread Oreo Vanilla Pudding Tartar Sauce Diet - Vanilla Pudding
Monday 4/15/2019	Tuesday 4/16/2019	Wednesday 4/17/2019	Thursday 4/18/2019	Friday 4/19/2019
Meatloaf Brown Gravy Twice Whipped Potatoes Peas and Carrots Wheat Bread Fresh Fruit Margarine	Cranberry Baked Chicken ⊗ Macaroni and Cheese Brussels Sprouts Wheat Bread Fresh Banana	Mushroom Beef Country Corn Broccoli Wheat Bread Banana Pudding	Herbed Pork+ Lentils Cauliflower Wheat Bread Fudge Cream Cookie	CLOSED GOOD FRIDAY
Monday 4/22/2019	Tuesday 4/23/2019	Wednesday 4/24/2019	Thursday 4/25/2019	Friday 4/26/2019
Turkey Tetrazzini* Green Beans Squash Medley Whole Wheat Breadstick Fresh Fruit	Lemon Pepper Fish ⊗ Black-Eyed Peas Diced Beets Wheat Bread Oatmeal Cream Cookie	Smoked Sausage*+ Lima Beans Okra and Tomatoes Cornbread Fresh Fruit Margarine	Sloppy Joe Tater Gems Spring Vegetables Hamburger Bun Gingerbread Cookie	Balsamic Glazed Chicken ⊗ Dirty Rice Spinach Texas Bread Fresh Banana
Monday 4/29/2019	Tuesday 4/30/2019			
Rosemary Beef Ranch Whipped Potatoes Oregano Broccoli Texas Bread Fresh Fruit	Sesame Diced Chicken Oriental Rice Japanese Vegetables Wheat Bread Cinnamon Swirl Pudding ⊗			

*- Turkey

+ - Pork

⊗ - New Menu Item

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