

# APRIL 2024

## VALLEY SENIOR SERVICES: LISBON REGIONAL MEALS ON WHEELS & TAKE OUT MEALS AT CENTERS

Suggested donation \$4.00 a meal for people 60+ and spouse of 60+

UNDER 60 IS A CHARGE OF \$9.00 PER MEAL

SNAP vouchers accepted by calling the Lisbon Office

ALL MEALS INCLUDE 8 oz 1% MILK

<b>MONDAY</b>	<b>TUESDAY</b>	<b>WEDNESDAY</b>	<b>THURSDAY</b>	<b>FRIDAY</b>
<b>MONDAY 1</b>	<b>TUESDAY 2</b>	<b>WEDNESDAY 3</b>	<b>THURSDAY 4</b>	<b>FRIDAY 5</b>
Country Fried Steak / Country Gravy Rosemary Potatoes Parslied Carrots Tropical Fruit Whole Wheat Bread x2	Beef Stroganoff over Noodles House Salad Broccoli Mandarin Oranges Whole Wheat Bread	Beef Taco Salad Tortilla Chips Salsa Fresh Berries w/ Whipped Topping	Chicken Monterey Brown Rice Prince Edward Veggies Apple Whole Wheat Bread	Supreme Pizza Casserole Green Beans Oregano Apricots Whole Grain Breadstick
<b>MONDAY 8</b>	<b>TUESDAY 9</b>	<b>WEDNESDAY 10</b>	<b>THURSDAY 11</b>	<b>FRIDAY 12</b>
Beef Broccoli Stir Fry Brown Rice Vegetable Egg Roll Sweet & Sour Sauce Orange	Lemon Pepper Fish Whipped Sweet Potato Roasted Brussel Sprouts Applesauce Whole Wheat Bread x 2	Roast Turkey w/ gravy Mashed Potatoes Carrots Banana Whole Wheat Bread x 2	Beef Stew Peas House Salad Fruit Cocktail Biscuit	Stuffed Peppers Tomato Sauce Mashed Potatoes Pineapple Tidbits Whole Grain Breadstick
<b>MONDAY 15</b>	<b>TUESDAY 16</b>	<b>WEDNESDAY 17</b>	<b>THURSDAY 18</b>	<b>FRIDAY 19</b>
Turkey a la King Fluffy Rice Mixed Veggies Grapes Biscuit	Chicken Fettucine Alfredo House Salad Savory Carrots Peaches / Orange Sauce Whole Grain Breadstick	Swedish Meatballs Noodles California Blend Fresh Fruit Whole wheat Bread	Grilled Chicken Breast Potato Salad Winter Blend Veggies Pears Whole Wheat Bread x2	Honey Roasted Pork Chop Tuscany Summer Veggies Oranges/Pineapple/Bananas Hot Spiced Apples Whole Wheat Bread x2
<b>MONDAY 22</b>	<b>TUESDAY 23</b>	<b>WEDNESDAY 24</b>	<b>THURSDAY 25</b>	<b>FRIDAY 26</b>
Sloppy Joe Baked Beans Oven Baked Fries Fresh Fruit WW Bun	Country Ham Scalloped Potatoes Corn Fruit Cocktail Carrot Cake Whole Wheat Bread x2	Beef Pot Roast Brown Gravy Mashed Potatoes Broccoli Plums Whole Wheat Bread x2	Swiss Steak Baby Red Potatoes Lemon Asparagus Fresh Fruit Salad Whole Wheat Bread x2	Baked Cod / Garlic Butter Lemon Dill Orzo Seasoned Zucchini Mandarin Oranges Whole Wheat Bread
<b>MONDAY 29</b>	<b>TUESDAY 30</b>			
Chicken Kiev O'Brien Potatoes Country Blend Veggies Ginger Baked Pears / Topping Whole Wheat Bread x2	Beef Tips Mushrooms / Gravy Baked Potato Green Beans Blueberries Whole Wheat Bread x2			