

# APRIL 2024

## VALLEY SENIOR SERVICES: COGSWELL AND FORMAN 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

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<b>MONDAY 1</b> Country Fried Steak / Country Gravy Rosemary Potatoes Parslied Carrots Tropical Fruit Whole Wheat Bread x2	<b>TUESDAY 2</b> Beef Stroganoff over Noodles House Salad Broccoli Mandarin oranges Whole Wheat Bread	<b>WEDNESDAY 3</b> Beef Taco Salad Tortilla Chips Salsa Fresh Berries w/ Whipped Topping	<b>THURSDAY 4</b> Supreme Pizza Casserole Green Beans Oregano Apricots Whole Grain Breadstick	<b>FRIDAY 5</b>
<b>MONDAY 8</b> Stuffed peppers Tomato Sauce Mashed Potatoes Pineapple Whole Grain Breadstick	<b>TUESDAY 9</b> Lemon Pepper Fish Whipped Sweet Potato Roasted Brussel Sprouts Applesauce Whole Wheat Bread x 2	<b>WEDNESDAY 10</b> Country Ham Scalloped Potatoes Corn Fruit Cocktail Carrot Cake Whole Wheat Bread x2	<b>THURSDAY 11</b> Beef stew Peas House salad Fresh Fruit Biscuit	<b>FRIDAY 12</b>
<b>MONDAY 15</b> Turkey a la King Mashed Potatoes Mixed Veggies Grapes Biscuit	<b>TUESDAY 16</b> Chicken Fettucine Alfredo House Salad Savory Carrots Peaches / Orange Sauce Whole Grain Breadstick	<b>WEDNESDAY 17</b> Swedish Meatballs Noodles California Blend Veggies Fresh Fruit Whole wheat Bread	<b>THURSDAY 18</b> Grilled Chicken Breast Potato Salad Winter Blend Veggies Pears Whole Wheat Bread x2	<b>FRIDAY 19</b>
<b>MONDAY 22</b> Spagetti w/Meatsauce House Salad Cauliflower Fresh Fruit Garlic Toast	<b>TUESDAY 23</b> Honey Roasted Pork Chop Tuscany Summer Veggies Oranges/Pineapple/Bananas Hot Spiced Apples Whole Wheat Bread x2	<b>WEDNESDAY 24</b> Beef Pot Roast Brown Gravy Mashed Potatoes Broccoli Plums Whole Wheat Bread x2	<b>THURSDAY 25</b> Swiss Steak Baby Red Potatoes Lemon Asparagus Fresh Fruit Salad Whole Wheat Bread x2	<b>FRIDAY 26</b>
<b>MONDAY 29</b> Chicken Kiev O'Brien Potatoes Country Blend Veggies Ginger Baked Pears / Topping Whole Wheat Bread x2	<b>TUESDAY 30</b> Beef Tips Mushrooms / Gravy Baked Potato Green Beans Blueberries Whole Wheat Bread x2			