

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

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
MONDAY 1	TUESDAY 2	WEDNESDAY 3	THURSDAY 4	FRIDAY 5
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
MONDAY 8	TUESDAY 9	WEDNESDAY 10	THURSDAY 11	FRIDAY 12
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
MONDAY 15	TUESDAY 16	WEDNESDAY 17	THURSDAY 18	FRIDAY 19
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
MONDAY 22	TUESDAY 23	WEDNESDAY 24	THURSDAY 25	FRIDAY 26
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
MONDAY 29	TUESDAY 30			
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			