

APRIL 2024

RICHLAND COUNTY MEALS ON WHEELS & MEALS AT CENTERS

Menu Subject to Change

ALL MEALS INCLUDE 8 oz 1% MILK

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
MONDAY 1 Country Fried Steak / Country Gravy Rosemary Potatoes Parslied Carrots Tropical Fruit Whole Wheat Bread x2	TUESDAY 2 Stuffed Cabbage Roll Mashed Potatoes Seasoned Zucchini Raspberry Gelatin Whole Wheat Bread x2	WEDNESDAY 3 Beef Taco Salad Tortilla Chips Salsa Fresh Berries w/ Whipped Topping	THURSDAY 4 Chicken Monterey Brown Rice Prince Edward Veggies Apple Whole Wheat Bread	FRIDAY 5 Supreme Pizza Casserole Green Beans Oregano Apricots Whole Grain Breadstick
MONDAY 8 Beef Broccoli Stir Fry Brown Rice Vegetable Egg Roll Sweet & Sour Sauce Orange	TUESDAY 9 Lemon Pepper Fish Whipped Sweet Potato Roasted Brussel Sprouts Applesauce Whole Wheat Bread x 2	WEDNESDAY 10 Country Ham Scalloped Potatoes Corn Fruit Cocktail Carrot Cake Whole Wheat Bread x2	THURSDAY 11 Hamburger on a Bun Baked Beans Lettuce, Tomato, Onion Strawberries	FRIDAY 12 Stuffed Peppers Tomato Sauce Mashed Potatoes Pineapple Tidbits Whole Grain Breadstick
MONDAY 15 Turkey a la King Fluffy Rice Mixed Veggies Grapes Biscuit	TUESDAY 16 Chicken Fettucine Alfredo House Salad Savory Carrots Peaches / Orange Sauce Whole Grain Breadstick	WEDNESDAY 17 Mexican Meatballs Mashed Potatoes Chuckwagon Corn Deluxe Fruit Cornbread	THURSDAY 18 Grilled Chicken Breast Potato Salad Winter Blend Veggies Pears Whole Wheat Bread x2	FRIDAY 19 Honey Roasted Pork Chop Tuscany Summer Veggies Oranges/Pineapple/Bananas Hot Spiced Apples Whole Wheat Bread x2
MONDAY 22 Lasagna House Salad Wax Beans Peaches Parmesan Cheese Whole Grain Breadstick	TUESDAY 23 Pork Wings Au Gratin Potatoes Seasoned Snow Peas Cinnamon Bananas Whole Wheat Ciabatta Roll	WEDNESDAY 24 Beef Pot Roast Brown Gravy Mashed Potatoes Broccoli Plums Whole Wheat Bread x2	THURSDAY 25 Swiss Steak Baby Red Potatoes Lemon Asparagus Fresh Fruit Salad Whole Wheat Bread x2	FRIDAY 26 Baked Cod / Garlic Butter Lemon Dill Orzo Seasoned Zucchini Mandarin Oranges Whole Wheat Bread
MONDAY 29 Chicken Kiev O'Brien Potatoes Country Blend Veggies Ginger Baked Pears / Topping Whole Wheat Bread x2	TUESDAY 30 Beef Tips Mushrooms / Gravy Baked Potato Green Beans Blueberries Whole Wheat Bread x2			