

# APRIL 2024

## VALLEY SENIOR SERVICES - TRAILL/STEELE MEALS ON WHEELS & TAKE OUT MEALS AT CENTERS

Please call one day in advance by 2 pm Tuesday through Friday to leave reservation for a meal, for Monday call by 2 pm on Friday

Phone **636-5953** or **1-800-845-1715**

**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> Stuffed Cabbage Roll Mashed Potatoes Seasoned Zucchini Raspberry Gelatin Whole Wheat Bread x2	<b>WEDNESDAY 3</b> Beef Taco Salad Tortilla Chips Salsa Fresh Berries w/ Whipped Topping	<b>THURSDAY 4</b> Chicken Monterey Brown Rice Prince Edward Veggies Apple Whole Wheat Bread	<b>FRIDAY 5</b> Supreme Pizza Casserole Green Beans Oregano Apricots Whole Grain Breadstick
<b>MONDAY 8</b> Beef Broccoli Stir Fry Brown Rice Vegetable Egg Roll Sweet & Sour Sauce Orange	<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> Hamburger on a Bun Baked Beans Lettuce, Tomato, Onion Strawberries	<b>FRIDAY 12</b> Stuffed Peppers Tomato Sauce Mashed Potatoes Pineapple Tidbits Whole Grain Breadstick
<b>MONDAY 15</b> Turkey a la King Fluffy Rice Mixed Veggies Grapes DISCUIT	<b>TUESDAY 16</b> Chicken Fettucine Alfredo House Salad Savory Carrots Peaches / Orange Sauce WHOLE GRAIN BREADSTICK	<b>WEDNESDAY 17</b> Mexican Meatballs Mashed Potatoes Chuckwagon Corn Deluxe Fruit Cornbread	<b>THURSDAY 18</b> Grilled Chicken Breast Potato Salad Winter Blend Veggies Pears WHOLE WHEAT BREAD x2	<b>FRIDAY 19</b> Honey Roasted Pork Chop Tuscany Summer Veggies Oranges/Pineapple/Bananas Hot Spiced Apples WHOLE WHEAT BREAD x2
<b>MONDAY 22</b> Lasagna House Salad Wax Beans Peaches Parmesan Cheese Whole Grain Breadstick	<b>TUESDAY 23</b> Pork Wings Au Gratin Potatoes Seasoned Snow Peas Cinnamon Bananas Whole Wheat Ciabatta Roll	<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> Baked Cod / Garlic Butter Lemon Dill Orzo Seasoned Zucchini Mandarin Oranges Whole Wheat Bread
<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			