

Wyndmere Senior Center

Home Delivered Meals, Carry Out Meals and Congregate Meals are a suggested donation of \$4.00 per meal for people 60 + and their spouse of any age. Under 60 is a charge of \$9.00 per meal.

Wyndmere
439-2907

April 2024

All Meals Include
1% Milk

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	Stuffed Cabbage Roll Mashed Potatoes Seasoned Zucchini Raspberry Gelatin Whole Wheat Bread x2		Chicken Monterey Brown Rice Prince Edward Veggies Apple Whole Wheat Bread	
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	Country Ham Scalloped Potatoes Corn Fruit Cocktail Carrot Cake Whole Wheat Bread x2	CLOSED	
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		Grilled Chicken Breast Potato Salad Winter Blend Veggies Pears Whole Wheat Bread x2	
MONDAY 22	TUESDAY 23	WEDNESDAY 24	THURSDAY 25	FRIDAY 26
Lasagna House Salad Wax Beans Peaches Parmesan Cheese Whole Grain Breadstick	Pork Wings Au Gratin Potatoes Seasoned Snow Peas Cinnamon Bananas Whole Wheat Ciabatta Roll		Swiss Steak Baby Red Potatoes Lemon Asparagus Fresh Fruit Salad Whole Wheat Bread x2	
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			