

VNA Meals on Wheels

Cycle 1, 2021 Final Menu

April

Monday	Tuesday	Wednesday	Thursday	Friday		
			4/1/2021	4/2/2021	4/3/2021	4/4/2021
			Chicken Etouffee# Cajun Rice Glazed Carrots Saltine Crackers Fresh Apple Milk	Easter Turkey Breast with Gravy Roasted Sweet Potatoes Herbed Green Beans Dinner Roll Carnival Cookie ① Milk Margarine		
4/5/2021	4/6/2021	4/7/2021	4/8/2021	4/9/2021	4/10/2021	4/11/2021
Ham and Lima Beans* Rice Squash/Zucchini/Tomatoes Wheat Bread Sugar Cookie Milk	Maple Rum Chicken Parslied Rice Broccoli Multi Grain Bread Fig Bar Milk	Swiss Steak Garlic Whipped Potatoes Garden Vegetables Dinner Roll Strawberry Gelatin w/Pears Milk	Turkey Breast with Gravy Lima Beans Okra and Tomatoes Corn Muffin Strawberry Cereal Bar Milk Margarine	Spinach Lasagna Tossed Salad Herbed Green Peas Wheat Bread Peach Cobbler Milk Ranch Salad Dressing		
4/12/2021	4/13/2021	4/14/2021	4/15/2021	4/16/2021	4/17/2021	4/18/2021
Lemon Caper Chicken Parmesan Penne Pasta# Lemon Zest Broccoli Wheat Bread Fresh Apple Milk	Beef with Rosemary Gravy Black-Eyed Peas Dilled Carrots Wheat Bread Oatmeal Cream Cookie ① Milk	Lemon Pepper Fish Whipped Potatoes Italian Green Beans Dinner Roll Zee Zee Birthday Bar Milk	Pork Carnitas* Yellow Rice Cheesy Mexican Tomatoes# Flour Tortilla Lime Gelatin with Pineapple Milk Taco Sauce	Hamburger Patty Lettuce and Tomato Ranch Beans Hamburger Bun Oranges and Pineapple Milk Mustard and Ketchup		
4/19/2021	4/20/2021	4/21/2021	4/22/2021	4/23/2021	4/24/2021	4/25/2021
Meatloaf Tomato Gravy Delmonico Potatoes Spring Vegetables Dinner Roll Cherry Gelatin with Peaches Milk	Chicken Alfredo Brussels Sprouts Parslied Carrots Texas Bread Gingerbread Cookie Milk	Shredded BBQ Pork* Whipped Potatoes Spinach Hamburger Bun Fig Bar Milk	Country Fried Steak Country Gravy Parslied Rice Mixed Vegetables Wheat Bread Cinnamon Crisp Bar Milk	Cheesy Beef Macaroni Green Beans Stewed Tomatoes Multi Grain Bread Lemon Berry Pudding Milk		
4/26/2021	4/27/2021	4/28/2021	4/29/2021	4/30/2021		
Swedish Chicken Meatballs Parsley Penne Pasta Braised Carrots Texas Bread Oatmeal Raisin Cookie Milk	Turkey Cannelloni Casserole# Broccoli Cauliflower Wheat Bread Chocolate Pudding Milk	Smoked Sausage* Tater Tot Casserole Country Tomatoes Hot Dog Bun Fresh Apple Milk Mustard	Coconut Chicken# Jasmine Rice Japanese Vegetables Multi Grain Bread Lemon Gelatin w/Mixed Fruit Milk	Hamburger Patty Lettuce and Tomato Baked Beans Hamburger Bun Hot Cinnamon Applesauce Milk Mustard and Ketchup		

* - Contains Pork
 ① Contains Peanuts
 ~ - Entrée Contains Soy
 # - New Menu Item

Sarah Hutsler, RD, LD

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 Expires 11/30/2021