

# April 2023

## Meals On Wheels (MOW) Menu



## Meals on Wheels - 753-5084

<http://www.cortland-co.org/434/Area-Agency-on-Aging>

The suggested contribution is \$3.00.  
Menu is subject to change without notice.

Mon	Tue	Wed	Thu	Fri
3. Baked Chicken Parmesan Pasta and Sauce Spinach Apricots	4. Beef Stew Biscuit Peas Cinnamon Applesauce	5. <b>Happy Easter!</b> Roast Pork Loin w/Gravy Stuffing Brussel Sprouts Mixed Fruit	6. Tuscan Chicken Rice Pilaf Capri Blend Vegetables Tossed Salad Whole Wheat Bread Peaches	7. Vegetable Stew Whole Wheat Roll Coleslaw Mashed Sweet Potato Fresh Fruit Salad
10. Goulash Green Beans Whole Wheat Bread Pineapple Tidbits	11. Macaroni & Cheese Stewed Tomatoes Broccoli Pears	12. Meatloaf Mashed Potatoes & Gravy Wax Beans Peanut Butter Brownie	13. Salisbury Steak Au Gratin Potatoes Mixed Vegetables Whole Wheat Bread Hot Cinnamon Apple Slices	14. Sloppy Joes on a Bun Succotash Coleslaw Peaches
17. Chicken N Biscuit Spinach Mixed Fruit	18. Hearty Chili Cornbread Mixed Vegetables Mandarin Oranges	19. Boiled Ham Dinner Cabbage & Carrots Potatoes Whole Wheat Bread Oatmeal Raisin Cookie	20. Chipped Beef Mashed Potatoes California Blend Vegetables Whole Wheat Bread Fruit Whip	21. Sausage, Peppers & Onions on a Bun Southern Style Black Eyed Peas Pears
24. Breakfast Egg Scramble: Ham, Broccoli, & Cheese Creamy Pea Salad Potatoes O'Brien Good Morning Muffin	25. Sweet & Sour Chicken over Rice Southwestern Blend Vegetables Vanilla Pudding w/ Topping	26. <b>Happy Birthday!</b> Roast Beef & Gravy Garlic Mashed Potatoes Baby Carrots Baked Beans Birthday Cake	27. Chicken Patty on Bun Loaded Baked Potato w/ Cheese & Broccoli Tossed Salad Banana	28. Swedish Meatballs Noodles Sliced Carrots Mandarin Oranges Fig Bar
				<b>8oz 1% Milk Daily</b>