



11424 Dorsett Rd.  
Maryland Heights, Mo 63043  
314-440-6210

## Meals on Wheels April Menu

### Week 1

Tuna salad sandwich, Homemade Chips, cookie, fruit salad  
Pasta con Broccoli, peas & carrots, roll, Cherry Crisp  
Pork Patty Steak, mash potatoes, green beans rolls Mini pastries  
Penne Pasta w/ meatballs, mixed vegetables, roll, Brownie Square  
Chicken parmesan, parsley potato, corn, Garlic bread, Apple Cobbler

### Week 2

Chicken salad on croissant with potato salad, homemade chips cookie  
Macaroni Bake, parsley potato, sweet corn & garlic roll vanilla cake  
Chicken and Dumplings, peas & carrots roll and peach crisp  
Beef Brisket over rice, Asian vegetables, corn bread, and Jell-O cup  
Grilled Chicken, over noodles, cheesy Brussels sprouts, roll Banana nut muffin

### Week 3

Italian Beef, red potatoes, broccoli/cheese roll, apple cobbler  
Beef Tip Stroganoff over noodles, peas & carrots, roll fruit cup  
Pasta with meat sauce, cauliflower & garlic bread carrot cake  
Ham and cheese Steak, Pasta broccoli garlic bread Pudding  
Pork Loin in gravy, new potatoes & corn roll peach crisp

Week 4 Chicken Parmesan, over spinach lasagna, green beans garlic bread fresh fruit  
Roast Beef and Gravy, mash potatoes & carrots roll, dessert bar  
Chicken salad Cole slaw & tomato slices cracker layer cake  
Spaghetti and meatballs broccoli, garlic bread cherry cobbler  
Chicken Fried Steak & corn stuffing, cauliflower roll, mini pastries

Week 5 Pork loin mashed potato, corn roll, and apple pie