



**MEALS on WHEELS**  
METRO BOISE

# April 2024 Menu

Contact:  
(208) 321-0031  
www.MetroMealsonWheels.net

(Substitutions may be necessary without advanced notice.)

MON	TUE	WED	THU	FRI
<b>1 Chicken Cordon Bleu with Cheese Sauce</b> Baby Carrots Roasted Potatoes Fruit Cup 9-Grain Bread Milk	<b>2 Country Fried Steak with Country Gravy</b> Mashed Potatoes Broccoli Banana Whole Wheat Roll Milk	<b>3 Honey Mustard Chicken Salad over Lettuce</b> Chickpea Salad Chunky Applesauce Whole Wheat Roll / Milk  Soup (congregate sites only)	<b>4 Sweet &amp; Sour Pork over Brown Rice</b> Stir Fry Vegetables Cauliflower Spiced Pears 9-Grain Bread Milk	<b>5 Roast Turkey with Gravy</b> Mashed Potatoes Baby Carrots Cranberry Sauce Applesauce Whole Wheat Roll / Milk
<b>8 Chicken Enchilada Pasta</b> Corn & Peppers Key West Vegetables Pineapple Whole Wheat Roll / Milk	<b>9 Cheesy Fish over Rice Pilaf</b> Peas Coleslaw Peaches Whole Wheat Roll / Milk	<b>10 Beans &amp; Ham</b> Roasted Potatoes Brussels Sprouts Applesauce Cornbread Milk	<b>11 Sicilian Chicken over Brown Rice</b> Capri Vegetables Green Salad Pears French Bread / Milk	<b>12 Roast Beef with Brown Gravy</b> Mashed Potatoes Green Beans Orange Whole Wheat Roll / Milk
<b>15 Pulled BBQ Chicken</b> Baked Beans Carrots Banana Whole Wheat Roll Milk	<b>16 Roast Pork with Mushroom Gravy</b> Scalloped Potatoes Asparagus Applesauce Baci Roll Milk	<b>17 Vegetable Lasagna</b> Cauliflower Snap Peas Green Salad French Bread Milk	<b>18 Chicken Salad Sandwich</b> 3-Bean Salad Potato Salad Fruit Cup Ciabatta Roll / Milk  Soup (congregate sites only)	<b>19 Beef Pepper Casserole</b> Corn Monte Carlo Vegetables Fresh Fruit Whole Wheat Roll Milk
<b>22 Baked Potato with Chili &amp; Cheese</b> Broccoli Beets Fresh Fruit Whole Wheat Roll Milk	<b>23 Turkey &amp; Cheese Sandwich</b> Potato Salad Carrot Salad Banana 9-Grain Bread Milk	<b>24 BBQ Chicken Wings</b>  Baked Beans Corn Pineapple Cups Whole Wheat Roll / Milk	<b>25 Spaghetti with Meat Sauce</b> Green Beans Pears Spinach Salad French Bread Milk	<b>26 Breaded Chicken with Country Gravy</b> Mashed Potatoes Baby Carrots Mandarin Oranges Baci Roll Milk
<b>29 Herb Salmon over Rice Pilaf</b> Carrots Cauliflower Tropical Fruit Whole Wheat Roll / Milk	<b>30 Swiss Mushroom Burger</b> Roasted Potatoes Mixed Vegetables Banana Whole Wheat Bun / Milk			