



ALL MEALS ARE SERVED WITH 2% MILK

Meals on Wheels Wake County

April 2025 Menu

Call 919-833-1749 to cancel

Monday	Tuesday	Wednesday	Thursday	Friday
	4/1	4/2	4/3	4/4
	Macaroni & Cheese, Zucchini Medley, Field Peas, Wheat Bread, Fresh Fruit	Smoked Sausage, Kidney Beans, Cauliflower w/Red Peppers, Hot Dog Bun, Coleslaw, Mustard, Fresh Fruit *CONTAINS BEEF*	Chicken & Dumplings, Green Beans w/Red Winter Blend Vegetables, Wheat Roll, Banana, Grape Juice	Pork Loin w/Sweet & Sour Sauce, Brown Rice, Creamed Spinach, Wheat Bread, Vanilla Pudding, Orange
4/7	4/8	4/9	4/10	4/11
Chicken Picata, Seasoned Parslied Noodles, Green Beans w/Red Peppers, Sourdough Bread, Cranberry Juice, Orange	Smoked Sausage, Peach Crisp, Black Beans, Coleslaw, Hotdog Bun, Mustard Packet *CONTAINS BEEF & TURKEY*	Baked Chicken, Italian Vegetables, Organic Sweet Potatoes, Fresh Fruit, Wheat Roll	Salisbury Steak w/Brown Gravy, Spinach, Mixed Beans, Texas Toast, Orange *CONTAINS BEEF*	Chicken Curry, Rice White & Wild Broccoli & Carrots, Pita Bread, Banana
4/14	4/15	4/16	4/17	4/18
Spaghetti w/Meat, Chopped Broccoli, Italian Bread, Peach Cobbler, Apple, Grape Juice *CONTAINS BEEF*	Chicken Parmesan, Rice Pilaf, Brussels Sprouts, Wheat Bread, Fresh Fruit, Orange Juice	BBQ Riblet, Green Beans w/Red Peppers, O'Brien Potatoes, Hamburger Bun, Banana	Meatloaf Patty w/Onion Gravy, Sweet Potatoes, Summer Veggie Blend, Dinner Roll, Orange, Apple Juice *CONTAINS BEEF*	Closed for Good Friday
4/21	4/22	4/23	4/24	4/25
Beef Pot Pie, Carrot Coins, Field Peas, Wheat Bread, Lemon Pudding, Fresh Fruit	Beef Ravioli, Zucchini Medley, Peas & Onions, Italian Bread, Orange	Swiss Steak w/Onion Gravy, Spinach Au Gratin, Beets w/Orange, Texas Toast, Banana, Apple Juice	Chicken Cordon Bleu, Mashed Potatoes, Turnip Greens, Sourdough Bread, Orange	Hamburger on a Bun, Zucchini, Pineapple Crisp, Apple, Mustard Package
4/28	4/29	4/30		
BBQ Pork w/ Hamburger Bun, Sugar Snap Peas, BBQ Beans, Fresh Fruit, Grape Juice	Baked Chicken, Spinach, Mashed Potatoes, Sourdough Bread, Banana, Cranberry Juice	Beef & Broccoli, Carrot Coins, Rice, White Bread, Apple, Fortune Cookie		

