

# April

# MOW

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	1 Spaghetti Marinara Garlic bread pudding Vegetable	2 Roasted pork loin Vegetable	3 BBQ chicken Cornbread stuffing Vegetable	4 Shepherds Pie Vegetable	5 Baked fish with lemon butter sauce vegetable	6 Ham & cheese Sandwich Potato salad
7 Beef stroganoff Vegetable	8 Macaroni & Cheese Vegetable	9 Sweet & Sour Pork Vegetable	10 Meatloaf & gravy Vegetable	11 Oven Fried Chicken vegetable	12 Crab Cakes Vegetable	13 Sausage gumbo vegetable
14 Chicken Tetrzzini vegetable	15 Spinach lasagna Vegetable	16 Kielbasa & sauerkraut vegetable	17 Honey baked chicken Vegetable	18 Classic macaroni & beef goulash vegetable	19 Baked parmesan fish vegetable	20 White Bean and Chicken Chili
21 Baked Ham Dinner Vegetable	22 Shrimp & Grits Vegetable	23 Pot roast vegetable	24 Vegetarian stuffed peppers vegetable	25 Turkey Pot Pie Vegetable	26 Linguini with clam sauce	27 Chicken Cordon Bleu
28 Baked ziti Vegetable	29 Cheeseburger vegetable	30 Chicken Francese Vegetable	<b>MEALS ON WHEELS OFFICE 239-337-1055</b> <b>DELIVERY MONDAY THROUGH SATURDAY 9:30 TO NOON</b> **MENU SUBJST TO CHANGE WITHOUT NOTICE			