

Meals on Wheels & Congregate Meals Menu

April

15

DATE	HOT MENU ENTRÉE	COLD MENU ENTREE
Monday, April 2	Chili, Tossed Salad, Corn Muffin, Applesauce	Hammy Sammy, Potato Salad, Pineapple
Tuesday, April 3	Mushroom & Swiss Burger, Baked Beans, Coleslaw	Turkey, Cheese Wrap, Black Bean, Corm & Pepper Salad
Wednesday, April 4	Beef Stew, Tossed Salad, Biscuits, Banana	Peanut Butter & Jam, Grapes, Coleslaw, Carrot Sticks
Thursday, April 5	Chicken Cordon Bleu, Key West Blend Veggies, Apples	Shaved Roast Beef, Kidney Bean Salad, Apricots
Friday, April 6	Pork Tenderloin Sandwich, Stewed Tomatoes	Turkey Sandwich, Broccoli & Cauliflower Salad
Monday, April 9	Oven Crisp Fish Sandwich, Asparagus, Jell-O w/fruit	Egg Salad Sandwich, Tomato Salad, Pears
Tuesday, April 10	Hot Turkey Sandwich, Mixed Veggies, Orange Wedges	Shaved Roast Beef Sandwich, Carrot Raisin Salad
Wednesday, April 11	Beef & Noodles, Midori Blend Veggies, Sunshine Salad	Ham & Turkey Sub, Creamy Cucumbers, Strawberries
Thursday, April 12	Bratwurst, Potatoes, Carrots, Cabbage, Grapes	Pasta Salad w/ Tuna, Spinach Salad, Apricots
Friday, April 13	Chicken Marsala, Brown Rice, Carrots, Fruit Mix	Chicken Salad Sandwich, Three Bean Salad, Apples
Monday, April 16	BBQ Beef, Scalloped Potatoes, Broccoli, Apples	Tuna Salad Sandwich, Cauliflower Salad, Grapes
Tuesday, April 17	Salmon Patty w/Dill, Garlic Mashed Potatoes, Squash	Turkey Cheese Wrap, Baked Beans, Peaches
Wednesday, April 18	Chicken & Biscuits, Boiled Potatoes, Green Beans	Shaved Roast Beef Sandwich, Kidney Bean & Pea Salad
Thursday, April 19	Stuffed Green Peppers, Normandy Blend Veggie	Ham & Swiss Sandwich, Broccoli Raisin Salad
Friday, April 20	Oven Fried Chicken, Green Bean Casserole, Pears	Peanut Butter & Jam, Grapes, Coleslaw
Monday, April 23	Pizza Casserole, Italian Blend Veggies, Brussel Sprouts	Ham & Turkey Sub, Marinated Veggies, Oranges
Tuesday, April 24	Chicken Parmesan, Green & Wax Bean Mix, Oranges	Egg Salad Sandwich, Coleslaw, Peaches, Tossed Salad
Wednesday, April 25	Veal Patty w/Gravy, Wild Rice, Beets, Tropical Fruit	Chef Salad w/Chicken, Banana, Bran Muffin
Thursday, April 26	Beef Manhattan, Carrots, Cherry Crisp	Turkey Sandwich, Potato Salad, Fruit Mix
Friday, April 27	Cabbage Rolls, Mixed Veggies, Fruit Mix	Chicken Salad Sandwich, Tomato Salad, Apricots
Monday, April 30	Pork Cutlet w/ Mushroom Gravy, Toss Salad, Apricots	Shaved Roast Beef Sandwich, Creamy Cucumbers

***Meals are served with side dishes and milk, to provide 1/3 the Recommended Daily Allowances for adults 60+**

Join us for Lunch

***Call the COA to reserve your lunch at Three Rivers, Klines or Sturgis.**

Kline's Resort
269-279-8083
Fridays @ Noon
22260 Kline's Resort Rd.
Three Rivers, MI 49093

**Three Rivers
Community Center**
269-279-8083
Monday-Friday @ Noon
103 S. Douglas Avenue
Three Rivers, MI 49093

Enrichment Center
269-279-8083
Monday-Friday @ Noon
306 N. Franks Avenue
Sturgis, MI 49091

The COA offers lunch on the first and third Friday of each month in Colon at Mystic Grove Apartments. Any COA member is welcome.