

MEALS ON WHEELS and MORE...AUSTIN, TX. APRIL 2008 (REGULAR MENU)

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
Salisbury Beef w/Gravy Whipped Potatoes Green Beans Wheat Bread Fresh Fruit Cal: 680 31	Smothered Chicken Corn Broccoli Dinner Roll Marble Pudding Cal: 770 1	Beef Taco Meat w/Cheese Pinto Beans Lettuce/Tomato Tortilla Tropical Fruit Crisp Cal: 977 2	Baked Turkey Ham Black-eyed Peas Spinach Cornbread Orange Cal: 616 3	Sausage/Beans Dirty Rice Turnip Greens Wheat Bread Grape/Apple Juice Cal: 672 4	Meatloaf w/Tomato Gravy (#23) Rutabagas Lima Beans Wheat Roll Orange/Pineapple Juice Cal: 528 5	Baked Chicken (#36) Broccoli Black-eyed Peas Wheat Roll Grape Juice Cal: 720 6
Cheese Enchiladas w/Sauce Black Beans Fiesta Vegetables Wheat Bread Fresh Fruit Cal: 729 7	Hamburger on a Bun Crispy Cube Potatoes Lettuce/Tomato Hot P'apple Tidbits Catsup Cal: 712 8	Grilled Pork w/Onion Gravy Sweet Potato Cass. Collard Greens Cornbread Fresh Fruit Cal: 889 9	Sesame Chicken Brown Rice French Green Beans Dinner Roll Cranberry Juice Cal: 649 10	Tuna Mac Salad Green Pea Salad Beet Salad Wheat Bread Grape/Apple Juice Cal: 679 COLD MEAL 11	Jack Cheese Omelet (#67) Hashbrowns Spiced Apples Wheat Roll Orange Juice Cal: 578 12	Breaded Pork w/Gravy (#10) Spinach Rutabagas Wheat Roll Grape/Apple Juice Cal: 925 13
Meatballs w/Gravy Rice Mixed Vegetables Wheat Bread Fresh Fruit Cal: 723 14	Scalloped Chicken Stewed Tomatoes Cabbage/Carrots Wheat Roll Chocolate Cake Cal: 721 15	Angus Patty w/Onion Gravy Garlic Whip Potatoes Turnip Greens Cornbread Banana Cal: 924 UPGRADE 16	Chicken Cacciatore Rotini Alfredo/Broc Tossed Salad w/Dressing Dinner Roll Hot Spiced Peaches Cal: 770 17	BBQ Rib Patty on a Bun Baked Beans Brussel Sprouts Apple Juice Cal: 707 18	Oven Fried Chicken (#50) Broccoli Corn Wheat Roll Grape/Apple Juice Cal: 649 19	Breaded Fish (#44) Rosemary Potatoes Italian Vegetables Wheat Roll Orange/Pineapple Jce Cal: 528 20
Breaded Catfish Field Peas Glazed Carrots Wheat Bread Fresh Fruit Tarter Sauce Cal: 813 UPGRADE 21	Turkey w/Gravy Cornbread Dressing Mustard Greens Dinner Roll Cranberry Juice Cal: 631 22	Grilled Pork w/Gravy Cut Yams Green Beans w/Pep Wheat Bread Rice Pudding Cal: 698 23	Country Fried Steak w/Gravy Whipped Potatoes Okra & Tomatoes Cornbread Fresh Fruit Cal: 873 24	Margarita Chicken Black Beans Broccoli w/Cheese Wheat Bread Grape/Apple Juice Cal: 702 25	M'ball/Spag. Sauce (#65) Spaghetti Noodles Green Beans Wheat Roll Grape Juice Cal: 776 26	Teriyaki Chicken (#52) Sweet Potato Cass. Brussel Sprouts Wheat Roll Orange Juice Cal: 628 27
Sausage w/Onion & Peppers on a Bun Country Corn Cabbage Fresh Fruit Mustard Cal: 598 28	Trky Ham/Beans Mixed Greens Scalloped Tomatoes Cornbread Strawberry Gel/Fruit Cal: 815 29	Beef Italiano Bowtie Pasta Capri Vegetables Dinner Roll Orange/P'apple Juice Cal: 610 30	*Due to unavailability of certain items, appropriate substitutions may need to be made.	**Milk is served every meal. Magarine is served every meal unless that meal is a sandwich.		