



April Menu 2024
Eastside Meals 612-277-2529

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
1	2	3	4	5	6	7
Beef Picadillo Brown Rice Corn Pineapple Cup	Turkey Tetrazzini Whole Wheat Egg Noodles Carrots Dessert	Tater Tot Hot Dish Tater Tots Shredded Cheddar Cheese Vegetable Medley Pear Cup Dessert	Beef Stew Mashed Potatoes Green Beans Dinner Roll Applesauce Cup	Ginger Soy Fish Brown Rice Asian Vegetable Blend Dessert ALT: Ginger Soy Chicken	Frozen: BBQ Chicken Fruit cup Dessert	Frozen: Beef Meatloaf Dinner roll Fruit cup
8	9	10	11	12	13	14
Pot Roast w/ Gravy Mashed Potatoes Vegetable Medley Dinner Roll w/Butter Pear Cup	Chicken Enchilada Bake Spanish Rice Corn Dessert	Beef Stroganoff Whole Wheat Egg Noodles Peas Applesauce Cup Dessert	Three Cheese Pasta w/Turkey Whole Wheat Penne Vegetable Medley Dessert	Parmesan Crusted Fish Barley Risotto Italian Vegetable Blend Fruit Cup ALT: Parmesan Chicken	Frozen: Spaghetti w/ Meat Sauce Dessert	Frozen: Orange Chicken Dessert
15	16	17	18	19	20	21
Macaroni and Cheese Peas Fruit Cup Dessert	Rosemary Chicken Brown & Wild Rice- Cranberry Pilaf Vegetable Medley Dessert	Roast Turkey Dinner Gravy Stuffing Green Beans Applesauce Cup	Coconut Curry Fish White Rice Peas Fruit Cup Dessert ALT: Coconut Curry Chicken	Beef Meatloaf Mashed Potatoes Green Beans Dinner Roll Fruit Cup	Frozen: Tater Tot Hotdish Cookie	Frozen: Beef Stew Applesauce

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
22	23	24	25	26	27	28
Chicken Wild Rice Soup Green Beans Fruit Cup Dessert	Salisbury Steak Whole Wheat Egg Noodles Mushroom Gravy Dessert	Garlic Salmon Garlic and Vegetable Sauce Brown Rice Edemame Peach Cup Dessert ALT: Garlic Chicken	BBQ Chicken Brown Rice w/Corn Vegetarian Baked Beans Pineapple Cup	Baked Ham w/Mustard Applesauce Mashed Potatoes Green Beans Dinner Roll Fruit Cup ALT: Baked Chicken	Frozen: Beef Picadillo Muffin	Frozen: Pot Roast Dinner Roll Dessert
29	30					
Ginger Honey Glazed Pork Brown Rice Broccoli Fruit Cup Dessert ALT: Ginger Honey Glazed Chicken	Spaghetti w/Meat Sauce Parmesan Cheese California Vegetable Medley Dessert Peach Cup					
				1% milk and margarine are served with each meal. SR=salt restricted, RC=restricted calorie dessert. EMOW serves all seniors regardless of race, color, sex, disability, national origin, or religion. The service is funded in part through a contract with the Metropolitan Area Agency on Aging, Inc. as part of the Older Americans Act Program and participant contributions. Upon request, this information will be made available in an alternative format: Braille, large print, or audiotape.		