



# MEALS on WHEELS ST. JOHNSBURY



Director Diane Coburn

April 2019

748-5467

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<b>1</b> Chicken & Broccoli Beets Roll Fresh Cantaloupe	<b>2</b> Pepper Steak Tomato Sauce Noodles Mixed Veg. Strawberries	<b>3</b> Birthday Party Baked Stuffed Pork Chop, Whipped Potatoes, Broccoli Roll & Cake	<b>4</b> Spinach & Veggies Quiche, Tossed Salad Bread Watermelon	<b>5</b> Baked Haddock Delmonico Potatoes Squash, Roll Peaches
<b>8</b> Swedish Meatballs Buttered Noodles Cauliflower Tropical Fruit	<b>9</b> Italian Chicken AuGratin Potato Green Beans & Pepper Honeydew Melon	<b>10</b> Chipped Beef W/ Egg Rice Broccoli Apricot Crisp	<b>11</b> Sweet & Sour Hot Dogs, Rice Carrots Pumpkin Pie	<b>12</b> Tuna Casserole Spinach Tomato Juice Pears
<b>15</b> Swiss Steak Mashed Potato Broccoli Fresh Orange	<b>16</b> Manicotti Green Bean Garlic Bread Pineapple Chunks	<b>17</b> BBQ Chicken AuGratin Potato Mixed Veg Mandarin Orange	<b>18</b> Cheeseburger/Lettuce and Tomato Fresh Carrots Tropical Fruit	<b>19</b> Hamburg Stroganoff with Noodle Winter Squash Strawberry & Cream
<b>22</b> Broccoli Quiche Beets, Tossed Salad Roll Jello/Fruit	<b>23</b> Shepherds Pie Peas & Carrots Bread Choc Chip Cookies	<b>24</b> Bolonga/Cheese Sand. Potato Salad V-8 Juice Fresh Orange	<b>25</b> Liver & Onions Mashed Potato Squash Pineapple	<b>26</b> Chop Suey Mixed Veggies Wheat Roll Watermelon
<b>29</b> Meatloaf Gravy Mashed Potato California Blend Veg Fresh Orange	<b>30</b> Chicken Tenders Peas & Carrots AuGatin Potato Jello/ Mixed Fruit	<b>Menu is Subject to Change</b>	<b>Salad Bar Daily Fresh local Food 11:45 to 12:45</b>	

**A Suggested Donation of \$3.50 per meal would be Greatly Appreciated.**

**Thank you AutoSaver Group**