



ALL MEALS ARE SERVED WITH 2% MILK

Meals on Wheels Wake County

April 2025 Menu

Call 919-833-1749 to cancel

Monday	Tuesday	Wednesday	Thursday	Friday
	4/1	4/2	4/3	4/4
	Smoked Sausage, Kidney Beans, Cauliflower w/Red Peppers, Hot Dog Bun, Coleslaw, Mustard, Fresh Fruit *CONTAINS PORK & BEEF*	Baked Chicken, Italian Vegetables, Organic Sweet Potatoes, Fresh Fruit, Wheat Roll	Salisbury Steak w/Brown Gravy, Spinach, Mixed Beans, Texas Toast, Orange *CONTAINS BEEF*	Chicken Curry, Rice White & Wild Broccoli & Carrots, Pita Bread, Banana
4/7	4/8	4/9	4/10	4/11
Spaghetti w/Meat, Chopped Broccoli, Italian Bread, Peach Cobbler, Apple, Grape Juice *CONTAINS BEEF*	Chicken Parmesan, Rice Pilaf, Brussels Sprouts, Wheat Bread, Fresh Fruit, Orange Juice	BBQ Riblet, Green Beans w/Red Peppers, O'Brien Potatoes, Hamburger Bun, Banana	Meatloaf Patty w/Onion Gravy, Sweet Potatoes, Summer Veggie Blend, Dinner Roll, Orange, Apple Juice *CONTAINS BEEF*	Baked Chicken, Dill Carrot Coins, Navy Beans, Wheat Roll, Orange
4/14	4/15	4/16	4/17	4/18
Beef Pot Pie, Carrot Coins, Field Peas, Wheat Bread, Lemon Pudding, Fresh Fruit	Beef Ravioli, Zucchini Medley, Peas & Onions, Italian Bread, Orange	Swiss Steak w/Onion Gravy, Spinach Au Gratin, Beets w/Orange, Texas Toast, Banana, Apple Juice	Chicken Cordon Bleu, Mashed Potatoes, Turnip Greens, Sourdough Bread, Orange	Home Delivery & Frozen Deliveries will receive a Holiday meal from Raleigh Rescue Mission Closed for Good Friday
4/21	4/22	4/23	4/24	4/25
BBQ Pork w/ Hamburger Bun, Sugar Snap Peas, BBQ Beans, Fresh Fruit, Grape Juice	Baked Chicken, Spinach, Mashed Potatoes, Sourdough Bread, Banana, Cranberry Juice	Beef & Broccoli, Carrot Coins, Rice, White Bread, Apple, Fortune Cookie	Jambalaya w/mixed beans, Rice, Wheat Roll, Fresh Fruit	Chicken & Dumplings, Lima Beans w/Red Winter Blend Vegetables, Wheat Roll, Banana, Grape Juice
4/28	4/29	4/30		
Chicken Picata, Seasoned Parslied Noodles, Green Beans w/Red Peppers, Sourdough Bread, Cranberry Juice, Orange	Smoked Sausage, Peach Crisp, Black Beans, Coleslaw, Hotdog Bun, Mustard Packet *CONTAINS BEEF, PORK & TURKEY*	Baked Chicken, Italian Vegetables, Organic Sweet Potatoes, Fresh Fruit, Wheat Roll		