


Week 4

Monday **April 22 & May 20**




Turkey Frank with Onion Sauce

Choose One

A B


♥

Ⓒ



Blackened Tilapia

Tuesday **April 23 & May 21**




Beef and Bean Burrito

Choose One

A B


♥

Ⓒ



Grilled Brat

Wednesday **April 24 & May 22**



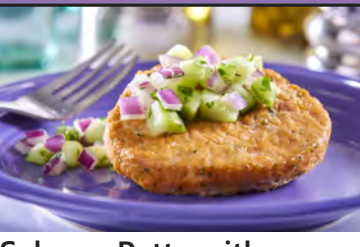
BBQ Chicken Meatballs

Choose One

A B


♥

Ⓒ



Salmon Patty with Cucumber Salsa

Thursday **April 25 & May 23**




Sweet and Sour Pork

Choose One

A B


♥

Ⓒ



Spinach Artichoke Stuffed Mushroom

Friday **April 26 & May 24**




Chicken Chimichanga

Choose One

A B

♥

Ⓒ



Lemon Dill Pollock

Spring is in the air!

Complete the other half of this picture and color them in.

We would love to see your finished masterpiece.



Call ahead if you need to cancel a meal or won't be home for delivery.

920-451-7011

clientservices@FreshMealsOnWheels.org



1004 S. Taylor Drive. Sheboygan, WI 53081
FreshMealsOnWheels.org

NAME: _____ RT: _____



April 1, 2024 - May 24, 2024

MENU

This menu cycle will start Monday, April 1. Please call with your menu choices as soon as possible to allow time for choices to be entered into the system.

To help guide your selections:

- ♥ = **Heart Healthy Choice** - Leaner meats and less fat
- Ⓒ = **Carb-Wise Choice** - Fewer total carbs

What if I follow a Heart Healthy and Controlled Carbohydrate diet?

Both of these diets have many similarities and usually match-up, but there may be days where the symbols are on different menu options. Discuss with your doctor which diet is best for you.

You may call with your selections, or give the completed menu to the driver on your next delivery. Choices will default to option A until your selections are received and entered.

If you have any questions, or know someone else who needs meals call us at 920-451-7011.

Enjoy your meals!

Entrees and side items are subject to change without notice.

All meals provide 1/3 of the Recommended Dietary Allowances (RDA), meet the USDA's Dietary Guidelines for Americans and adhere to federal meal pattern requirements. This menu was planned and prepared under the supervision of a registered dietitian.




What kind of garden does a baker have?

A flour garden






Week 1

Monday **April 1 & April 29**

	Choose One A <input type="checkbox"/> B <input type="checkbox"/> C <input checked="" type="checkbox"/> 	
Mushroom Swiss Burger		Denver Egg Bake




Tuesday **April 2 & April 30**

	Choose One A <input type="checkbox"/> B <input type="checkbox"/> C <input checked="" type="checkbox"/> 	
Pork Chop with Sauerkraut		Citrus Salmon




Wednesday **April 3 & May 1**

	Choose One A <input type="checkbox"/> B <input type="checkbox"/> C <input checked="" type="checkbox"/> 	
Caprese Chicken		Santa Fe Casserole

Thursday **April 4 & May 2**




	Choose One A <input type="checkbox"/> B <input type="checkbox"/> C <input checked="" type="checkbox"/> 	
Pizza Casserole		Dijon Baked Tilapia

Friday **April 5 & May 3**




	Choose One A <input type="checkbox"/> B <input type="checkbox"/> C <input checked="" type="checkbox"/> 	
Shredded Turkey with Gravy		Pork Tenderette and Onion

Week 2




Monday **April 8 & May 6**

	Choose One A <input type="checkbox"/> B <input type="checkbox"/> C <input checked="" type="checkbox"/> 	
Honey Mustard Pulled Pork		Salt and Pepper Cod




Tuesday **April 9 & May 7**

	Choose One A <input type="checkbox"/> B <input type="checkbox"/> C <input checked="" type="checkbox"/> 	
BBQ Grilled Chicken *served with bun		Hot Ham and Cheese Sandwich




Wednesday **April 10 & May 8**

	Choose One A <input type="checkbox"/> B <input type="checkbox"/> C <input checked="" type="checkbox"/> 	
Stuffed Shells with Meat Sauce		Garlic Butter Pollock

Thursday **April 11 & May 9**




	Choose One A <input type="checkbox"/> B <input type="checkbox"/> C <input checked="" type="checkbox"/> 	
Chicken Enchilada Bake		Veggie Burger with Cheese

Friday **April 12 & May 10**




	Choose One A <input type="checkbox"/> B <input type="checkbox"/> C <input checked="" type="checkbox"/> 	
Beef Fajita		Old Bay Haddock

Week 3



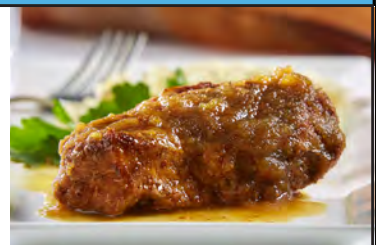
Monday **April 15 & May 13**

	Choose One A <input type="checkbox"/> B <input type="checkbox"/> C <input checked="" type="checkbox"/> 	
Swedish Meatballs		Fiesta Chicken




Tuesday **April 16 & May 14**

	Choose One A <input type="checkbox"/> B <input type="checkbox"/> C <input checked="" type="checkbox"/> 	
Scrambled Eggs with Cheese		Stuffed French Toast




Wednesday **April 17 & May 15**

	Choose One A <input type="checkbox"/> B <input type="checkbox"/> C <input checked="" type="checkbox"/> 	
Beef Stew		Boneless Pork Spare Rib

Thursday **April 18 & May 16**

	Choose One A <input type="checkbox"/> B <input type="checkbox"/> C <input checked="" type="checkbox"/> 	
Montreal Baked Chicken Thigh		Battered Cod

Friday **April 19 & May 17**

	Choose One A <input type="checkbox"/> B <input type="checkbox"/> C <input checked="" type="checkbox"/> 	
Ham Loaf with Raisin Sauce		Turkey Burger with Bruschetta