



Wilbur Senior Meals

April 2017



Monday	Tuesday	Wednesday	Thursday	Friday
3	4 Chicken Fried Steak Potatoes & Gravy Spinach Tossed Green Salad WW Bread or Roll Apricot Crisp	5 Spaghetti & Meat Sauce Caesar Salad Peaches Garlic Bread Dessert by Connie	6 Chili with Cheese Fresh Veggie Tray Garden Salad Pears Cornbread Cookies	7
10	11 Split Pea & Ham Soup Cottage Cheese Pasta Veggie Salad Garden Salad Pineapple WW Roll Tapioca	12 Potato Bar Vegetable Beef Soup Cottage Cheese Spring Salad Fresh Fruit Dessert by Connie	13 Lemon Baked Fish Oven Browned potatoes Glazed Carrots Coleslaw Peaches Cornbread Ice Cream	14
17	18 Meatloaf & Gravy Mashed Potatoes Asparagus Spinach Salad Mixed Berries WW Roll Frosted Cake	19 Chicken Pot Pie Green Salad Apricots French Bread Dessert by Connie	20 Cheese Ravioli with Meat Sauce Italian Vegetables Spiced Pears Bread Sticks Yogurt Parfait	21
24	25 Beef Stew Green Salad Peaches WW Bread Frosted Cake	26 Oven Fried Chicken Sweet Potatoes Creamed Peas Cuke/Tomato Salad Grapes Biscuit Dessert by Connie	27 Tater Tot Casserole Cottage Cheese Carrot Raisin Salad Applesauce WW Bread or Roll Cookie	28

Seniors Age 60 & over—suggested donation \$3.50

Under age 60—\$8.00 FEE

Please call the Nutrition Director for more information about the Home
Delivered Meal program toll-free 844-826-7979