### Monthly Menu

#### April 2020

<table>
<thead>
<tr>
<th>MONDAY</th>
<th>TUESDAY</th>
<th>WEDNESDAY</th>
<th>THURSDAY</th>
<th>FRIDAY</th>
<th>WEEKLY AVERAGE</th>
</tr>
</thead>
</table>
| Glazed Beef Patty  
Roasted Sweet Potatoes  
Broccoli  
Cornbread  
Fruited Lemon Gelatin | BBQ Pork Rib Patty  
Mashed Red Potatoes  
Tossed Salad  
Dinner Roll  
Hot Spiced Pears | Italian Shells & Cheese  
Green Beans  
Glazed Carrots  
Wheat Breadstick  
Fresh Fruit | 666 Calories  
36.9g Protein  
18.6g Fat  
89.8g Carbohydrates  
940mg Sodium |
| Smoked Polish Sausage  
Sauerkraut  
Whipped Potatoes  
Broccoli  
Hot Dog Bun  
Fresh Sliced Apples | Sloppy Joe  
Whole Kernel Corn  
Cucumber Salad  
Hamburger Bun  
Hot Spiced Peaches | Baked Chicken Breast  
Chicken Gravy  
Whipped Potatoes  
Green Peas w/Onions  
Dinner Roll  
Brownie | 711 Calories  
33.4g Protein  
24.2g Fat  
91.9g Carbohydrates  
998mg Sodium |
| Tomato Swiss Steak  
Delmonico Potatoes  
Mixed Vegetables  
Dinner Roll  
Fresh Fruit | Chicken Tenders  
Peas w/ Red Peppers  
Stewed Tomatoes  
Multi Grain Bread  
Graham Crackers | Potato Ham Casserole  
Whole Kernel Corn  
Green Beans  
Wheat Bread  
Caramel Vanilla Pudding | 677 Calories  
32.2g Protein  
23.7g Fat  
85.7g Carbohydrates  
998mg Sodium |
| Lemon Pepper Chicken  
Mashed Sweet Potatoes  
Sautéed Spinach  
Multi Grain Bread  
Fig Bar | Beef Lasagna Bake  
Broccoli  
Green Peas  
Wheat Breadstick  
Fresh Fruit | Sweet & Sour Pork  
Jasmine Rice  
Japanese Vegetables  
Texas Bread  
Pineapple Tidbits | 689 Calories  
38.6g Protein  
16.4g Fat  
100.1g Carbohydrates  
881mg Sodium |
| Pesto Meatballs  
Whipped Potatoes  
Peas & Carrots  
Wheat Bread  
Fresh Sliced Apples | Chicken Parmesan  
Rotini Pasta  
Brussel Sprouts  
Wheat Breadstick  
Fruited Orange Gelatin | Egg Salad  
Broccoli Raisin Salad  
Cucumber Salad  
Wheat Crackers  
Fudge Cream Cookie | 692 Calories  
37.7g Protein  
23.4g Fat  
84.6g Carbohydrates  
836mg Sodium |
| **MAY 2020** | | | | |  |

**Menus on Wheels of Eastern Kansas, Inc. thanks you for allowing us to assist with your nutritional needs!**

**Cancellations must be called in before 3:00 p.m. the day before the meal by calling our office**

**Menus are subject to change without notice**

**Mechanical diets may be different from what is printed.**

**Food Stamps or Vision Cards accepted**

**All meals include 1% Milk**

**All client contributions go back into the program for meal provision**