

NAME: \_\_\_\_\_

**MEALS ON WHEELS MENU Ph: 250-763-2424**

**APRIL 2025**

| MONDAY <b>March 31, 2025</b>                                     | WEDNESDAY <b>April 2, 2025</b>   | FRIDAY <b>April 4, 2025</b>  |
|--|--|--|
| <b>ENTRÉE - CHOOSE 1</b>   | <b>ENTRÉE - CHOOSE 1</b>   | <b>ENTRÉE - CHOOSE 1</b>   |
| 1) Chicken Cheddar Broccoli Bake w/ Bun <input type="checkbox"/> | 1) Pork Schnitzel w/ Mushr Sauce & Red Cabbage <input type="checkbox"/>      | 1) Meatballs & Beef & Onion Grvy w/ Peas & Carrot <input type="checkbox"/> |
| 2) Lasagna & Garlic Toast <input type="checkbox"/>               | 2) Chicken Salad on Croissant w Carrot Sticks & Dip <input type="checkbox"/> | 2) Tzatziki (Greek) Chicken & Green Beans <input type="checkbox"/>         |
| 3) Ratatouille Stew w/ Corn <input type="checkbox"/>             | 3) Yam & Lentil & Corn Stew w/ Bun <input type="checkbox"/>                  | 3) Veggie Tofu Peanut Pad Thai w/ Snow Peas <input type="checkbox"/>       |
| <b>SIDE - CHOOSE 1</b>   | <b>SIDE - CHOOSE 1</b>   | <b>SIDE - CHOOSE 1</b>   |
| 1) Mashed Potatoes <input type="checkbox"/>                      | 1) Baked Potato <input type="checkbox"/>                                     | 1) Buttered Egg Noodles & Parsley <input type="checkbox"/>                 |
| 2) Herb & Butter Basmati Rice <input type="checkbox"/>           | 2) Herbed Basmati Rice <input type="checkbox"/>                              | 2) Roasted Garlic Mashed Potato <input type="checkbox"/>                   |
| <b>SOUP OR SALAD- CHOOSE 1</b>                                   | <b>SOUP OR SALAD- CHOOSE 1</b>   | <b>SOUP OR SALAD- CHOOSE 1</b>   |
| 1) Creamy Chicken Vegetable Soup <input type="checkbox"/>        | 1) Vegetable Soup <input type="checkbox"/>                                   | 1) Cream of Mushroom Soup <input type="checkbox"/>                         |
| 2) Ceasar Salad <input type="checkbox"/>                         | 2) Greens & Dill Ranch <input type="checkbox"/>                              | 2) Apple Coleslaw <input type="checkbox"/>                                 |
| <b>DESSERT - CHOOSE 1</b>  | <b>DESSERT - CHOOSE 1</b>  | <b>DESSERT - CHOOSE 1</b>  |
| 1) Strawberry Cake <input type="checkbox"/>                      | 1) Double Chocolate Chip Cookie <input type="checkbox"/>                     | 1) Cheesecake <input type="checkbox"/>                                     |
| 2) Seasonal Fruit <input type="checkbox"/>                       | 2) Seasonal Fruit <input type="checkbox"/>                                   | 2) Fruit Salad <input type="checkbox"/>                                    |

| MONDAY <b>April 7, 2025</b>                                | WEDNESDAY <b>April 9, 2025</b>   | FRIDAY <b>April 11, 2025</b>   |
|--|--|--|
| <b>ENTRÉE - CHOOSE 1</b>                                   | <b>ENTRÉE - CHOOSE 1</b>   | <b>ENTRÉE - CHOOSE 1</b>   |
| 1) Pepper Steak w/ corn <input type="checkbox"/>           | 1) Roast Chicken & Dumpling w/ peas & carrots <input type="checkbox"/> | 1) Roast Beef w/ Gravy & Green Beans <input type="checkbox"/>          |
| 2) Mac&Cheese w/ bacon & onion <input type="checkbox"/>    | 2) Spaghetti & Meat Sauce w/ garlic toast <input type="checkbox"/>     | 2) Battered Fish w/ Tartar Sauce & Mushy Peas <input type="checkbox"/> |
| 3) Quiche-Broccoli & Cheddar <input type="checkbox"/>      | 3) Baked Parm Zucchini & Garlic toast <input type="checkbox"/>         | 3) Cheesy Cauliflower & Broccoli Bake w/ bun <input type="checkbox"/>  |
| <b>SIDE - CHOOSE 1</b>                                     | <b>SIDE - CHOOSE 1</b>   | <b>SIDE - CHOOSE 1</b>   |
| 1) Roasted Potatoes <input type="checkbox"/>               | 1) Mashed Potatoes <input type="checkbox"/>                            | 1) Mashed Potatoes <input type="checkbox"/>                            |
| 2) Asparagus <input type="checkbox"/>                      | 2) Buttery Garlic Mushroom Medley <input type="checkbox"/>             | 2) Fries <input type="checkbox"/>                                      |
| <b>SOUP OR SALAD- CHOOSE 1</b>                             | <b>SOUP OR SALAD- CHOOSE 1</b>   | <b>SOUP OR SALAD- CHOOSE 1</b>   |
| 1) Lemon Chicken Orzo Soup <input type="checkbox"/>        | 1) Minestrone Soup <input type="checkbox"/>                            | 1) Cream of Tomato Basil Soup <input type="checkbox"/>                 |
| 2) Green Salad w/ French Dressing <input type="checkbox"/> | 2) Spinach Salad & Sweet Onion Dressing <input type="checkbox"/>       | 2) Caesar Salad <input type="checkbox"/>                               |
| <b>DESSERT - CHOOSE 1</b>                                  | <b>DESSERT - CHOOSE 1</b>  | <b>DESSERT - CHOOSE 1</b>  |
| 1) Jello Squares & Whipped Cream <input type="checkbox"/>  | 1) Naniamo Bar <input type="checkbox"/>                                | 1) Carrot Cake <input type="checkbox"/>                                |
| 2) Banana <input type="checkbox"/>                         | 2) Fruit Salad <input type="checkbox"/>                                | 2) Seasonal Fruit <input type="checkbox"/>                             |

| MONDAY <b>April 14, 2025</b>   | WEDNESDAY <b>April 16, 2025</b>  | FRIDAY <b>April 18, 2025</b> <b>Good Friday</b>                            |
|--|--|--|
| <b>ENTRÉE - CHOOSE 1</b>   | <b>ENTRÉE - CHOOSE 1</b>   | <b>ENTRÉE - CHOOSE 1</b>   |
| 1) Roast Pork Tenderloin w/ gravy & Carrots <input type="checkbox"/> | 1) Beef Stroganoff w/ Peas & Sour Cream w/ Mushroom <input type="checkbox"/> | 1) Turkey & Cran w/ Gravy & Mashed Rutabaga & Car <input type="checkbox"/> |
| 2) Teriyaki Chicken & Veggie Stirfry <input type="checkbox"/>        | 2) Tuna Casserole w/ Veggies & Bun <input type="checkbox"/>                  | 2) Bacon & Cheddar Omelette w/ Tomato Slices <input type="checkbox"/>      |
| 3) Stuffed Acorn Squash & Feta Spinach <input type="checkbox"/>      | 3) Veggie, Black Bean & Yam Chili w/ Bun <input type="checkbox"/>            | 3) Mushroom & Ched Omelette w/ Tomato Slices <input type="checkbox"/>      |
| <b>SIDE - CHOOSE 1</b>   | <b>SIDE - CHOOSE 1</b>   | <b>SIDE - CHOOSE 1</b>   |
| 1) Roasted Potatoes <input type="checkbox"/>                         | 1) Buttered Egg Noodles <input type="checkbox"/>                             | 1) Mashed Potatoes <input type="checkbox"/>                                |
| 2) Chow Mein Noodles <input type="checkbox"/>                        | 2) Mediterranean Medley Veggies <input type="checkbox"/>                     | 2) Roasted Yam Hash <input type="checkbox"/>                               |
| <b>SOUP OR SALAD- CHOOSE 1</b>                                       | <b>SOUP OR SALAD- CHOOSE 1</b>   | <b>SOUP OR SALAD- CHOOSE 1</b>   |
| 1) Turkey Vegetable Soup <input type="checkbox"/>                    | 1) Cheese Broccoli & Cauliflower Soup <input type="checkbox"/>               | 1) Doukhorbor Borscht Soup <input type="checkbox"/>                        |
| 2) Apple Cranberry Nut Salad <input type="checkbox"/>                | 2) 5 Bean Pickled Salad <input type="checkbox"/>                             | 2) Greens & Dill Ranch <input type="checkbox"/>                            |
| <b>DESSERT - CHOOSE 1</b>  | <b>DESSERT - CHOOSE 1</b>  | <b>DESSERT - CHOOSE 1</b>  |
| 1) Soft Ginger Cookie <input type="checkbox"/>                       | 1) Chocolate Pudding <input type="checkbox"/>                                | 1) Pumpkin Pie <input type="checkbox"/>                                    |
| 2) Tropical Fruit Salad <input type="checkbox"/>                     | 2) Seasonal Fruit <input type="checkbox"/>                                   | 2) Berries <input type="checkbox"/>  |

| MONDAY  | April 21, 2025           | Easter Monday | WEDNESDAY   | April 23, 2025           | FRIDAY | April 25, 2025                            |                          |  |
|---|--------------------------|---------------|---|--------------------------|--------|---|--------------------------|--|
| <b>ENTRÉE - CHOOSE 1</b>                                |                          |               | <b>ENTRÉE - CHOOSE 1</b>                            |                          |        | <b>ENTRÉE - CHOOSE 1</b>                  |                          |  |
| 1) Ham & Brussels Sprouts                               | <input type="checkbox"/> |               | 1) Beef Rouladen Stew (contains Dill Pickle) w/ Bun | <input type="checkbox"/> |        | 1) Herby Baked Chicken w/ Carrots & Gravy | <input type="checkbox"/> |  |
| 2) Cheese Burger w/ Tom,On,Lettuce & ketc,mus pkg       | <input type="checkbox"/> |               | 2) Bubble & Squeak (Pork Sausage & Fried Cabbage)   | <input type="checkbox"/> |        | 2) Beef & Bean Chili Con Carne w/ Bun     | <input type="checkbox"/> |  |
| 3) Veggie & Chs Burger w/ Tom,On,Lettuce & Ketc,mus pkg | <input type="checkbox"/> |               | 3) Broccoli Fetuccini Alfredo & Garlic Toast        | <input type="checkbox"/> |        | 3) Vegetarian Chili w/ Bun                | <input type="checkbox"/> |  |
| <b>SIDE - CHOOSE 1</b>                                  |                          |               | <b>SIDE - CHOOSE 1</b>                              |                          |        | <b>SIDE - CHOOSE 1</b>                    |                          |  |
| 1) Cheesy Scalloped Potatoes                            | <input type="checkbox"/> |               | 1) Potato & Chive Cake                              | <input type="checkbox"/> |        | 1) Mashed Potatoes                        | <input type="checkbox"/> |  |
| 2) French Fries   | <input type="checkbox"/> |               | 2) Mushroom & Zucchini Medley                       | <input type="checkbox"/> |        | 2) Rice Pillaf                            | <input type="checkbox"/> |  |
| <b>SOUP OR SALAD- CHOOSE 1</b>                          |                          |               | <b>SOUP OR SALAD- CHOOSE 1</b>                      |                          |        | <b>SOUP OR SALAD- CHOOSE 1</b>            |                          |  |
| 1) Roasted Root Soup                                    | <input type="checkbox"/> |               | 1) Clam Chowder (White)                             | <input type="checkbox"/> |        | 1) Cheesy Vegetable Soup                  | <input type="checkbox"/> |  |
| 2) Caesar Salad   | <input type="checkbox"/> |               | 2) Caesar Salad                                     | <input type="checkbox"/> |        | 2) Pasta Salad w/ Cheddar                 | <input type="checkbox"/> |  |
| <b>DESSERT - CHOOSE 1</b>                               |                          |               | <b>DESSERT - CHOOSE 1</b>                           |                          |        | <b>DESSERT - CHOOSE 1</b>                 |                          |  |
| 1) Peach Cobbler  | <input type="checkbox"/> |               | 1) Cinnamon Bun                                     | <input type="checkbox"/> |        | 1) Chocolate Chip Cookie                  | <input type="checkbox"/> |  |
| 2) Chocolate Strawberries                               | <input type="checkbox"/> |               | 2) Seasonal Fruit                                   | <input type="checkbox"/> |        | 2) Tropical Fruit Salad                   | <input type="checkbox"/> |  |

**COMMENTS from Melissa**

Hello, and welcome to our second month of selecting from a menu created by Little Hobo Soup and Sandwich Shop. This is another 4 week menu. As you'll see it ends on Friday Apr 25/25. The May menu will be 5 weeks and take us to May 30/25.

Please make your selections based on which days you receive meals. For example if you receive meals just on Wednesdays, please select from the Wednesday column.

If you order more than 1 meal per day, please indicate a second meal. Call the office if you require assistance or have questions.

**COMMENTS and or SUGGESTIONS: What would you like to see on the menu?**