

April 2018

Please make your selections. Return one copy with your delivery person. You may order more than 1 meal per day. Simply note the amount.

Remember: the menu may change without notice! ☺

NAME: _____

 Indicates heart healthy choice

| | Monday | Tuesday | Wednesday | Thursday | Friday |
|--------|---|--|--|---|---|
| Week 2 | <p>2</p> <p>Beef Stroganoff over Egg Noodles or  Breaded Haddock</p> | <p>3</p> <p> Tasty Tortellini and Broccoli or Beef and Pepper Stir Fry over Rice</p> | <p>4</p> <p> White Meat Chicken and Biscuit or Beef Roll Up with Mashed Potatoes and Gravy</p> | <p>5</p> <p> Savory Turkey Salisbury Steak or Delicious Fried Chicken</p> | <p>6</p> <p>Macaroni and Cheese or  Baked Cod</p> |
| Week 3 | <p>9</p> <p> Baked Chicken Breast or Pork and Sauerkraut</p> | <p>10</p> <p> Chicken Salad Sandwich or Hamburger</p> | <p>11</p> <p> Crispy Baked Cod or Baked Rigatoni with Beef</p> | <p>12</p> <p> Seasoned Chicken Breast or Tender Pot Roast in Gravy</p> | <p>13</p> <p>Classic Shepherd's Pie or  Breaded Haddock</p> |
| Week 4 | <p>16</p> <p> Beef Tips and Egg Noodles or Sausage, Egg and Cheese Frittata</p> | <p>17</p> <p>Ham and Cheese Filled Chicken Breast or  Homemade Salmon Cake</p> | <p>18</p> <p> Old Fashioned Beef, Potatoes and Turnips or Cheese Stuffed Pasta in Tomato Sauce</p> | <p>19</p> <p> Sweet Honey Glazed Chicken Tenders or Creamed Dry Beef over a Biscuit</p> | <p>20</p> <p> Lemon Pepper Tilapia or Chicken in Gravy over Waffles</p> |
| Week 5 | <p>23</p> <p>Chicken in Marsala Sauce or  Herb Parmesan Tilapia</p> | <p>24</p> <p> Traditional Roast Turkey Dinner or Old Fashioned Ham Pot Pie</p> | <p>25</p> <p> Lemon Pepper Chicken Cutlet or Baked Cube Steak</p> | <p>26</p> <p>Tender Pork Chops in Tomato Sauce or  Heart Healthy Chicken Stew</p> | <p>27</p> <p> Lemon Pepper Haddock or Ham, Cabbage and Potatoes</p> |
| Week 1 | <p>30</p> <p> Tasty Turkey Burger or Pecan Crusted Tilapia</p> | | <p>Why are people so tired on April 1st?</p> | <p>They just finished a 31 day March.</p> | |