







Meals on Wheels of Metro Tulsa
 (918) 627-4103
April 2024 Menu-Regular

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
						
1	2	3	4	5	6	7
Beef Spaghetti Casserole Green Beans with Onions Glazed Carrots	Spinach Chicken Penne Pasta Spring Vegetable Blend	Polish Pork Sausage* Mixed Beans Diced Beets	Salisbury Beef Brown Gravy Garlic Whipped Potatoes Brussels Sprouts	Turkey and White Beans Cajun Rice Broccoli	Beef and Bean Burrito Queso Sauce Chuckwagon Corn Stewed Tomatoes	Beef with Country Gravy Black-Eyed Peas Cauliflower
8	9	10	11	12	13	14
Marinara Chicken Macaroni and Cheese Green Peas	Beef Enchilada Pie Confetti Brown Rice Spinach	Glazed Ham* Lima Beans Okra and Tomatoes	Cajun Meatloaf Whipped Potatoes Green Beans	Chicken Fajita Pinto Beans Mexican Brown Rice	Spaghetti Beef Meatballs Lentils Catalina Vegetable Blend	Alfredo Chicken Chili Beans Stewed Tomatoes
15	16	17	18	19	20	21
Lemon Pepper Chicken Almond Rice Medley Cabbage	Swiss Steak Lemon Herb Pasta Cauliflower	Turkey Chili with Beans Broccoli Dilled Carrots	Loaded Potato Casserole Kidney Beans Country Tomatoes	Turkey Macaroni and Cheese Country Vegetables Herbed Green Peas	BBQ Chicken Meatballs Ranch Beans Mixed Vegetables	Rosemary Beef Whole Kernel Corn Green Peas
22	23	24	25	26	27	28
Pork Carnitas* Spanish Rice Pinto Beans	Tarragon Chicken Parslied Penne Pasta Country Tomatoes	Creole Steak Brown Rice Diced Beets	Fish Nuggets Oven Roasted Potatoes Cabbage	Cheesy Beef Macaroni Broccoli Sliced Carrots	Baked Chicken with Gravy Black-Eyed Peas Green Beans	Cheese Omelet Black Beans Stewed Tomatoes
29	30					*Please note that substitutions may have to be made sometimes for specific items due to shortages, unavailability of the product from the vendors, or for other reasons
Meatloaf Tomato Gravy Whipped Potatoes Catalina Vegetable Blend	Turkey Brunswick Stew Whole Kernel Corn Medley Cabbage					




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April 2024 Menu- Vegetarian

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
						
1 Spaghetti Torte Green Beans with Onions Glazed Carrots	2 Eggplant Parmesan Penne Pasta Spring Vegetable Blend	3 Veggie Sausages Mixed Beans Diced Beets	4 Cheese Omelet Garlic Whipped Potatoes Brussels Sprouts	5 Six Bean Stew Cajun Rice Broccoli	6 Bean and Cheese Burrito Queso Sauce Chuckwagon Corn Stewed Tomatoes	7 Three Cheese Ziti Black-Eyed Peas Cauliflower
8 Macaroni and Cheese Green Peas Sliced Carrots	9 Bean Tamale Pie Confetti Brown Rice Spinach	10 Corn Chowder Lima Beans Okra and Tomatoes	11 Cajun Veggie Meatballs Whipped Potatoes Green Beans	12 Veggie Taco Pinto Beans Mexican Brown Rice	13 Spinach Macaroni & Cheese Lentils Catalina Vegetable Blend	14 Cheese Enchiladas Chili Beans Stewed Tomatoes
15 Lemony Chickpea Stir Fry Almond Rice Medley Cabbage	16 Broccoli Cheese Bake Lemon Herb Pasta Cauliflower	17 White Bean Chili Broccoli Dilled Carrots	18 Broccoli Strata Kidney Beans Country Tomatoes	19 Macaroni and Cheese Country Vegetables Herbed Green Peas	20 BBQ Chicken Meatballs Ranch Beans Mixed Vegetables	21 Lentil Stew Whole Kernel Corn Green Peas
22 Veggie Taco Spanish Rice Pinto Beans	23 Eggplant Parmesan Parslied Penne Pasta Country Tomatoes	24 Six Bean Stew Brown Rice Diced Beets	25 Mixed Bean Chili Oven Roasted Potatoes Cabbage	26 Italian Shells and Cheese Broccoli Sliced Carrots	27 Veggie Meatballs with Gravy Black-Eyed Peas Green Beans	28 Cheese Omelet Black Beans Stewed Tomatoes
29 Broccoli Strata Whipped Potatoes Catalina Vegetable Blend	30 Red Beans and Rice Whole Kernel Corn Medley Cabbage					*Please note that substitutions may have to be made sometimes for specific items due to shortages, unavailability of the product from the vendors, or for other reasons

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April 2024 Menu-Chicken-Vegetarian

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
						
1 ✓ Spaghetti Torte Green Beans with Onions Glazed Carrots	2 Spinach Chicken Penne Pasta Spring Vegetable Blend	3 ✓ Veggie Sausages Mixed Beans Diced Beets	4 ✓ Cheese Omelet Garlic Whipped Potatoes Brussels Sprouts	5 Turkey and White Beans Cajun Rice Broccoli	6 ✓ Bean and Cheese Burrito Queso Sauce Chuckwagon Corn Stewed Tomatoes	7 ✓ Three Cheese Ziti Black-Eyed Peas Cauliflower
8 Marinara Chicken Macaroni and Cheese Green Peas	9 ✓ Bean Tamale Pie Confetti Brown Rice Spinach	10 ✓ Corn Chowder Lima Beans Okra and Tomatoes	11 ✓ Cajun Veggie Meatballs Whipped Potatoes Green Beans	12 Chicken Fajita Pinto Beans Mexican Brown Rice	13 ✓ Spinach Macaroni & Cheese Lentils Catalina Vegetable Blend	14 Alfredo Chicken Chili Beans Stewed Tomatoes
15 Lemon Pepper Chicken Almond Rice Medley Cabbage	16 ✓ Broccoli Cheese Bake Lemon Herb Pasta Cauliflower	17 Turkey Chili with Beans Broccoli Dilled Carrots	18 Loaded Potato Casserole Kidney Beans Country Tomatoes	19 Turkey Macaroni and Cheese Country Vegetables Herbed Green Peas	20 BBQ Chicken Meatballs Ranch Beans Mixed Vegetables	21 ✓ Lentil Stew Whole Kernel Corn Green Peas
22 ✓ Veggie Taco Spanish Rice Pinto Beans	23 Tarragon Chicken Parslied Penne Pasta Country Tomatoes	24 ✓ Six Bean Stew Brown Rice Diced Beets	25 ✓ Mixed Bean Chili Oven Roasted Potatoes Cabbage	26 ✓ Italian Shells and Cheese Broccoli Sliced Carrots	27 Baked Chicken with Gravy Black-Eyed Peas Green Beans	28 ✓ Cheese Omelet Black Beans Stewed Tomatoes
29 ✓ Broccoli Strata Whipped Potatoes Catalina Vegetable Blend	30 Turkey Brunswick Stew Whole Kernel Corn Medley Cabbage					*Please note that substitutions may have to be made sometimes for specific items due to shortages, unavailability of the product from the vendors, or for other reasons