




Meals on Wheels of Metro Tulsa
(918) 627-4103

April 2025 Menu-Regular

****MENU SUBJECT TO CHANGE****

Monday	Tuesday	Wednesday	Thursday	Friday
				
	1	2	3	4
	Sausage and Red Beans* Medley Cabbage Stewed Tomatoes	Baked Chicken with Gravy Parslied Rice Green Beans and Carrots	Cajun Meatloaf Chuckwagon Corn Cauliflower	Tuna Macaroni and Cheese Green Peas Capri Vegetables
7	8	9	10	11
Coconut Chicken over Brown Rice Japanese Vegetables Cauliflower	Breakfast Casserole Black Beans Spinach	Chicken Fajita Pinto Beans Mexican Brown Rice	Confetti Chicken Oven Roasted Potatoes Green Beans	Turkey Pastrami Macaroni and Cheese Lemon Brussels Sprouts
14	15	16	17	18
Beef Spaghetti Casserole Green Beans with Onions Sliced Carrots	Sliced Ham* Red Eye Gravy Pinto Beans Diced Beets	Spinach Mushroom Crustless Quiche Hashbrowns Stewed Tomatoes	Salisbury Beef Brown Gravy Garlic Whipped Potatoes Brussels Sprouts	Turkey and White Beans Cajun Rice Broccoli
21	22	23	24	25
Pork Carnitas* Spanish Rice Pinto Beans	Tarragon Chicken Parslied Penne Pasta Country Tomatoes	Creole Beef Brown Rice Diced Beets	Cheese Omelet Black Beans Country Tomatoes	Cheesy Beef Macaroni Broccoli Sliced Carrots
28	29	30		
Marinara Chicken Macaroni and Cheese Green Peas	Beef Enchilada Pie Confetti Brown Rice Spinach	Maple Glazed Ham* Seasoned Cubed Potatoes Country Tomatoes		*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 2025 Menu- Vegetarian

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Monday	Tuesday	Wednesday	Thursday	Friday
				
	1	2	3	4
	Red Beans and Rice Medley Cabbage Stewed Tomatoes	Six Bean Stew Parslied Rice Green Beans and Carrots	Bean Tamale Pie Chuckwagon Corn Cauliflower	Three Cheese Ziti Green Peas Capri Vegetables
7	8	9	10	11
Lemony Chickpea Stir Fry Rice Japanese Vegetables Cauliflower	Cheese Omelet Black Beans Spinach	Veggie Taco Pinto Beans Mexican Brown Rice	Alfredo Veggie Meatballs Oven Roasted Potatoes Green Beans	Macaroni and Cheese Lemon Brussels Sprouts Stewed Tomatoes
14	15	16	17	18
Spaghetti Torte Green Beans with Onions Sliced Carrots	Cheese Enchiladas Pinto Beans Diced Beets	Spinach Mushroom Crustless Quiche Hashbrowns Stewed Tomatoes	Broccoli Strata Garlic Whipped Potatoes Brussels Sprouts	Six Bean Stew Cajun Rice Broccoli
21	22	23	24	25
Veggie Taco Spanish Rice Pinto Beans	Eggplant Parmesan Parslied Penne Pasta Country Tomatoes	Creole Veggie Meatballs Brown Rice Diced Beets	Cheese Omelet Black Beans Country Tomatoes	Three Cheese Ziti Broccoli Sliced Carrots
28	29	30		
Macaroni and Cheese Green Peas Glazed Carrots	Bean Tamale Pie Confetti Brown Rice Spinach	Broccoli Cheese Bake Seasoned Cubed Potatoes Country Tomatoes		*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 2025 Menu- Poultry - Vegetarian

****MENU SUBJECT TO CHANGE****

Monday	Tuesday	Wednesday	Thursday	Friday
				
	1	2	3	4
	Red Beans and Rice Medley Cabbage Stewed Tomatoes	Baked Chicken with Gravy Parslied Rice Green Beans and Carrots	Bean Tamale Pie Chuckwagon Corn Cauliflower	Three Cheese Ziti Green Peas Capri Vegetables
7	8	9	10	11
Coconut Chicken over Brown Rice Japanese Vegetables Cauliflower	Cheese Omelet Black Beans Spinach	Chicken Fajita Pinto Beans Mexican Brown Rice	Confetti Chicken Oven Roasted Potatoes Green Beans	Turkey Pastrami Macaroni and Cheese Lemon Brussels Sprouts
14	15	16	17	18
Spaghetti Torte Green Beans with Onions Sliced Carrots	Cheese Enchiladas Pinto Beans Diced Beets	Spinach Mushroom Crustless Quiche Hashbrowns Stewed Tomatoes	Broccoli Strata Garlic Whipped Potatoes Brussels Sprouts	Turkey and White Beans Cajun Rice Broccoli
21	22	23	24	25
Veggie Taco Spanish Rice Pinto Beans	Tarragon Chicken Parslied Penne Pasta Country Tomatoes	Creole Veggie Meatballs Brown Rice Diced Beets	Cheese Omelet Black Beans Country Tomatoes	Three Cheese Ziti Broccoli Sliced Carrots
28	29	30		
Marinara Chicken Macaroni and Cheese Green Peas	Bean Tamale Pie Confetti Brown Rice Spinach	Broccoli Cheese Bake Seasoned Cubed Potatoes Country Tomatoes		*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