



## WCCS 5 Day Menu April 2024

Amy Houpey, CDM, CFPP, MBM  
Director of Aging Services

**REMINDER:**  
If you are **NOT** going to be home to receive your HOME  
DELIVERED MEAL  
**PLEASE CALL: 513-695-2256 Option 2, A DAY IN  
ADVANCE  
OR BY 8:00 a.m.**

### WEEK OF April 1

MENU A: MONDAY 4/1	MENU B: MONDAY 4/1
Beef & Macaroni Zucchini & Tomatoes Cream Corn Bread / Margarine Fresh Fruit Milk	Vegetable Lasagna Broccoli Spinach Bread / Margarine Fresh Fruit Milk
TUESDAY 4/2	TUESDAY 4/2
Italian Chicken Brussel Sprouts Mixed Vegetables Bread / Margarine Strawberry Applesauce Milk	Beef Pot Pie Wax Beans Capri Vegetables Bread / Margarine Strawberry Applesauce Milk
WEDNESDAY 4/3	WEDNESDAY 4/3
Spaghetti / Meatballs Chuckwagon Vegetables Zucchini Tossed Salad / Dressing Bread / Margarine Milk	Boneless Chicken Wings Carrots Mixed Greens Tossed Salad / Dressing Bread / Margarine Milk
THURSDAY 4/4	THURSDAY 4/4
Swiss Steak Diced Potatoes Beets Bread / Margarine Diced Peaches Milk	Chicken & Dumplings Broccoli Butter Beans Bread / Margarine Diced Peaches Milk
FRIDAY 4/5	FRIDAY 4/5
Hamburger / Bun Potato Wedges Baked Beans Fresh Fruit Milk	Breaded Fish / Bun Stewed Tomatoes Mixed Vegetables Fresh Fruit Milk

### WEEK OF April 8

MENU A:	MENU B:
MONDAY 4/8	MONDAY 4/8
Creamed Chipped Beef Seasoned Green Beans Beets Biscuit / Margarine Fresh Fruit Milk	Sausage Gravy Hash Browns Spiced Peaches Biscuit / Margarine Fresh Fruit Milk
TUESDAY 4/9	TUESDAY 4/9
Cheese Omelet / Sausage Links Cinnamon Apples Diced Potatoes Bread / Margarine Diced Pears Milk	Breaded Veal Broccoli Roasted Peppers & Corn Bread / Margarine Diced Pears Milk
WEDNESDAY 4/10	WEDNESDAY 4/10
Turkey / Gravy Stuffing Sweet Potatoes Tossed Salad / Dressing Bread / Margarine Cinnamon Applesauce Milk	Beef Stroganoff / Pasta Sweet Corn Bake Peas Tossed Salad / Dressing Bread / Margarine Cinnamon Applesauce Milk
THURSDAY 4/11	THURSDAY 4/11
Cabbage Roll Sliced Carrots Sugar Snap Peas Corn Muffin / Margarine Mixed Fruit Milk	Pork Loin / Gravy Mashed Potatoes Capri Vegetables Corn Muffin / Margarine. Mixed Fruit Milk
FRIDAY 4/12	FRIDAY 4/12
B.B.Q. Pork / Bun Tater Tots Mixed Vegetables Fresh Fruit Milk	Grilled Chicken / Bun Potato Medley Butter Beans Fresh Fruit Milk

### INSTRUCTIONS

- **REFRIGERATE** the fresh meal as soon as it arrives, unless you plan to eat it immediately.
- **When HEATING**, vent the plastic sections with a fork or pull back the corner of each food section to vent. CAUTION! Steam will be HOT!
  - **To heat in a *MICROWAVE*:** Heat the meal for 2-3 minutes on high or until the food reaches 165 degrees. (Begin with two minutes and increase the time if needed.)
  - **To heat in a *CONVENTIONAL OVEN*:** Place the meal on a cookie sheet in the middle of the oven. Heat at 350 degrees for 15 to 20 minutes.
- **CAUTION: *Never*** use a toaster oven to heat your Meals on Wheels™

WEEK OF April 15

MENU A:

MENU B:

MONDAY 4/15	MONDAY 4/15
Chicken Taco Diced Tomatoes Chuckwagon Vegetables Tortilla Fresh Fruit Milk	Beef Taco Roasted Peppers & Corn Black Beans Tortilla Fresh Fruit Milk
TUESDAY 4/16	TUESDAY 4/16
Vegetable Soup Chicken Salad Pasta Salad Croissant Strawberry Applesauce Fresh Fruit Milk	Vegetable Soup Egg Salad Cucumber Salad Croissant Strawberry Applesauce Fresh Fruit Milk
WEDNESDAY 4/17	WEDNESDAY 4/17
Roast Beef / Gravy Potatoes O Brien Green Beans Tossed Salad / Dressing Bread / Margarine Milk	Grilled Salmon Mashed Potatoes Yellow Squash Tossed Salad / Dressing Bread / Margarine Milk
THURSDAY 4/18	THURSDAY 4/18
Cincy Style Chili / Spaghetti Belgian Carrots Peas Bread / Margarine Cherry Pie / Diet Pie Milk	Pork Loin / Gravy Mashed Potatoes Capri Vegetables Bread / Margarine Cherry Pie / Diet Pie Milk
FRIDAY 4/19	FRIDAY 4/19
Steak Hoagie / Bun Potato Wedges Green Beans Fresh Fruit Milk	B.B.Q. Riblet / Bun Potato Medley Peas & Carrots Fresh Fruit Milk

WEEK OF April 22

MENU A:

MENU B:

MONDAY 4/22	MONDAY 4/22
Pork & Vegetable Egg Rolls Cauliflower Zucchini Bread / Margarine Fresh Fruit Milk	Bourbon Meatballs / Pasta Asparagus Peas Bread / Margarine Fresh Fruit Milk
TUESDAY 4/23	TUESDAY 4/23
Salisbury / Mushroom Gravy Potato Medley Kale Bread / Margarine Apple Pie / Diet Pie Milk	Cheese Rolette / Marinara Corn Yellow Squash Bread / Margarine Apple Pie / Diet Pie Milk
WEDNESDAY 4/24	WEDNESDAY 4/24
Chicken & Noodles Wax Beans Mixed Vegetables Tossed Salad / Dressing Bread / Margarine Milk	Stuffed Green Pepper Mashed Potatoes Lima Beans Tossed Salad / Dressing Bread / Margarine Milk
THURSDAY 4/25	THURSDAY 4/25
Turkey Tetrazzini Winter Blend Capri Vegetables Bread Stick / Margarine Strawberry Applesauce Milk	Crab Cake Broccoli Mixed Vegetables Bread Stick / Margarine Strawberry Applesauce Milk
FRIDAY 4/26	FRIDAY 4/26
Macaroni & Cheese Succotash California Blend Bread / Margarine Fresh Fruit Milk	Pepperoni Calzone Potato Wedges Mixed Vegetables Bread / Margarine Fresh Fruit Milk

WEEK OF April 29

MENU A:

MENU B:

MONAY 4/29	MONDAY 4/29
Chili With Beans Cream Corn Cinnamon Apples Biscuit / Margarine Fresh Fruit Milk	Breakfast Bake Spiced Peaches Tater Bucks Biscuit / Margarine Fresh Fruit Milk
TUESDAY 4/30	TUESDAY 4/30
B.B.Q. Chicken Diced Potatoes Asparagus Bread / Margarine Mandarin Oranges Milk	Sausage & Apples Mashed Potatoes With Skins Buttered Corn Bread / Margarine Mandarin Oranges Milk