


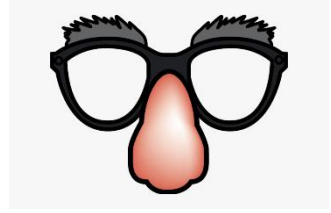

April 2024

Meals On Wheels - Independence

All meals are made in Independence served every weekday.

Extra meals can be ordered.

Call 816-254-9566 between 8 – noon.

SUN	MON	TUE	WED	THUR	FRI	SAT
Menu subject to change	1 - Beef Stew w/ Biscuit - Peaches	2 - BBQ Pork - Baked Beans - Corn	3 - Chicken Alfredo - Glazed Carrots	4 - Salisbury Steak - Mashed Potatoes & Gravy - Green Beans	5 - Ham & Beans - Corn Casserole	6
7	8 - Beef Stroganoff - Carrots	9 - Pork w/ Gravy - Stuffing - Beets	10 - Sauerkraut & Hot Dogs - Mixed Veg.	11 - Italian Chicken - Wild Rice - Cheesy Broccoli	12 - Scalloped Potatoes w/ Sausage - California Veg.	13
14	15 - Spaghetti w/ Meatsauce - Italian Veg.	16 - Ham & Cheese Sandwich - Chips - Applesauce	17 - BBQ Chicken - Ranch Potatoes - Broccoli	18 - Pork w/ Apples - Stuffing - Green Beans	19 - Lemon Pepper Fish - Wild Rice - Stewed Tomatoes	20
21	22 - Turkey - Sweet Potatoes - Peas	23 - Meatloaf - Mashed Potatoes - Green Beans	24 - Chicken & Rice Casserole - Apples	25 - Hot Beef Sandwich - Mashed Potatoes - Carrots	26 - Pork & Stuffing Casserole - Spinach	27
28	29 - Oven Fried Chicken - Sweet Potatoes - Peas	30 - Breakfast Casserole - Peaches				Dessert Included With All Meals

EACH MEAL SERVED WITH BREAD/MARGARINE & MILK OR JUICE