

NEW MEAL DELIVERY DAY: During this Coronavirus threat, every Monday, volunteers will deliver five frozen meal trays and the accompanying fruit, grain, and milk items in one box to each participant.

There will be **NO SUBSTITUTE MEALS** available during this time.



Mon	Tue	Wed	Thu	Fri
<p>To Reheat your Frozen tray:</p> <ol style="list-style-type: none"> 1. Use a knife to make 3 slits in the film to allow steam to escape. 2. Place tray in a microwave on HIGH for 3-5 minutes. 3. Repeat the process for 1 minute at a time until hot enough. 		<p>1</p> <p>Roast Pork w/ Rice Green Peas Carrots Applesauce Orange Juice</p>	<p>2</p> <p>Beef Tips & Rice Green Beans Corn Peaches Apple Juice</p>	<p>3</p> <p>Spaghetti & Meatballs Broccoli Great Northern Beans Applesauce Fruit Blend Juice Cookie</p>
<p>6</p> <p>Baked Chicken Leg Baked Beans Cabbage Mandarin Oranges Apple Juice Danish</p>	<p>7</p> <p>Meatloaf w/ Creole Sauce Parsley Potatoes Green Beans Peaches Fruit Blend Juice Roll</p>	<p>8</p> <p>Roasted Chicken w/ Rice Roasted Sweet Potatoes Green Peas Applesauce Orange Juice</p>	<p>9</p> <p>Stewed Pork Tips w/ Rice Okra & Tomatoes Collard Greens Pineapple Fruit Blend Juice Roll</p>	<p>10</p> <p>Scrambled Eggs w/ Ham Stewed Apples Oven Browned Potatoes Pears Apple Juice Biscuit</p>
<p>13</p> <p>Baked Spaghetti Corn Broccoli Peaches Fruit Blend Juice Garlic Roll</p>	<p>14</p> <p>Teriyaki Chicken w/ Rice Glazed Carrots Cabbage Applesauce Orange Juice Danish</p>	<p>15</p> <p>Sweet & Sour Pork w/ Rice Stewed Apples Lima Beans Pears Apple Juice Cookie</p>	<p>16</p> <p>Chicken Stroganoff w/ Noodles Harvard Beets Green Beans Mandarin Oranges Fruit Blend Juice Roll</p>	<p>17</p> <p>Macaroni & Cheese Collard Greens Pinto Beans Pineapple Orange Juice Cornbread</p>
<p>20</p> <p>Pork Tips w/ Gravy Stewed Apples Green Beans Potato Salad Fresh Fruit Roll</p>	<p>21</p> <p>Chicken & Dumplings Broccoli Stewed Apples Pears Fresh Fruit Cookie</p>	<p>22</p> <p>Beef Macaroni Green Peas Cabbage Fruit Cocktail Fresh Fruit Garlic Roll</p>	<p>23</p> <p>Santa Fe Chicken w/ Rice Black Beans Corn Peaches Fresh Fruit Cookie</p>	<p>24</p> <p>Beef Patty Roasted Sweet Potatoes Green Peas Cucumber Salad Fresh Fruit Bun</p>
<p>27</p> <p>Ham & Mac Casserole Black-Eyed Peas Roasted Okra Coleslaw Fresh Fruit Roll</p>	<p>28</p> <p>Beef & Broccoli w/ Rice Lyonnais Squash Lima Beans Applesauce Fresh Fruit Brownie</p>	<p>29</p> <p>Chicken Casserole Carrots Green Beans Mandarin Oranges Fresh Fruit Roll</p>	<p>30</p> <p>BBQ Pork Riblet Broccoli Stewed Apples Pears Potato Salad Cornbread</p>	<p>1-May</p> <p>Orange Chicken w/ Rice Collard Greens Zucchini & Tomatoes Peaches Fresh Fruit Blueberry Muffin</p>