



TABITHA

Meals on Wheels

# Spring & Summer 2024 Menu

WEEK 1				
Monday	Tuesday	Wednesday	Thursday	Friday
Salisbury Steak w/ Gravy Garlic Mashed Potatoes Green and Gold Beans Diced Pears Fudge Round <i>Vegetarian Burger</i> Roll	Oven-Fried Chicken Patty Mashed Potatoes w/ Gravy Lima Beans Diced Peaches Lemon Pudding <i>Vegetarian Nuggets</i> Bread	Swedish Meatballs Egg Noodles Mixed Vegetables Fresh Orange Choc. Chip Cookies <i>Vegt. Swt&amp;Sour Meatballs</i> Roll	BBQ Pork Mac and Cheese Peas and Carrots Pineapple Tidbits Blueberry Cobbler <i>Vegt. Balsamic Chicken</i> Bread	Battered Fish O'Brien Potatoes Seasoned Green Beans Fresh Apple Funfetti Cake <i>Vegetable Quiche</i> Bread
WEEK 2				
Monday	Tuesday	Wednesday	Thursday	Friday
Meatloaf w/ Gravy Mashed Potatoes Buttered Green Peas Apricots Rice Krispie Bar <i>Vegetarian Meatloaf</i> Roll	Ham and Potato Casserole N/A Carrots w/ Pearl Onions Oranges and Pineapple Fudge Brownie <i>Vegetarian Maple Chicken</i> Roll	Chicken Alfredo Buttered Noodles Seasoned Asparagus Cuts Fruit Cocktail Banana Pudding <i>Broccoli Noodle Parmesan</i> Roll	Pork Fritter O'Brien Potatoes Seasoned Beets Fresh Banana Poke Cake <i>Vegetarian Burger</i> Bread	Tuna Salad Potato Salad 3-Bean Salad Tropical Fruit Oatmeal Cream Pie <i>Egg Salad</i> Hamburger Bun
WEEK 3				
Monday	Tuesday	Wednesday	Thursday	Friday
Meat Sauce Rotini Tuscany Blend Vgtbls Applesauce Cookie <i>Vegt. Meat Sauce</i>  Garlic Bread	Bratwurst Scalloped Apples Carrots and Cabbage Mixed Fruit Pea Salad <i>Vegetarian Brat</i>  Hog Dog Bun	Honey Chicken Fluffy Rice Seasoned Broccoli Diced Peaches Sugar Cookie <i>Vegt. Honey Chicken</i>  Roll	Cheese Lasagna Rolls N/A California Blend Vgtbls Oranges and Pineapple Pastry <i>Cheese Lasagna Rolls</i>  Garlic Bread	Potato Breaded Pollock Au Gratin Potatoes Trio Vegetable Blend Diced Pears Choc. Raspberry Cake <i>Vegt. Meatballs in Mushroom Sauce</i> Bread
WEEK 4				
Monday	Tuesday	Wednesday	Thursday	Friday
Beef Frank Potato Triangle Green Beans w/ Pimento Diced Peaches Honey Bun <i>Vegetarian Frank</i> Hot Dog Bun	Stir Fry Pork Fluffy Rice Seasoned Peas Pears and Blueberries Butterscotch Pudding <i>Tofu Stir Fry</i> Roll	Country Fried Steak Mashed Potatoes w/ Gravy Mixed Vegetables Tossed Salad w/ Ranch Granola Bar <i>Vegt. Breaded Chkn Patty</i> Roll	Chicken Salad Italian Pasta Salad 3-Bean Salad Fruit Cocktail Fudge Brownie <i>Egg Salad</i> Croissant	Lemon Breaded Fish Roasted Red Potatoes Brussel Sprouts Tropical Fruit Carnival Cookie <i>Vegt. Breaded Fish</i> Bread

TABITHA  
EMPOWERS  
PEOPLE TO  
LIVE  
JOYFULLY,  
AGE  
GRATEFULLY

TABITHA'S CARE SERVICES INCLUDE:

Results-driven rehabilitation, accessible at-home health care,  
innovative living communities and compassionate hospice care.

