Cleveland Food Bank

April 2018

Home Delivered Meals

Monday	Tuesday	Wednesday	Thursday	Friday
2 **Hamburger w/ Bun** - 3 oz Potato Wedges - 3 oz Green Beans - 1/2 cup Fruit Cup - 1/2 cup Ketchup, Mustard & Mayo packets - 1 ea	3 **Chicken Cacciatori** - 6 oz Herb Pasta - 4 oz Buttered Corn - 1/2 cup Green Peas - 1/2 cup Fruit Cup - 1/2 cup	4 **Chicken Patty** - 3 oz California Blend Veggies - 1/2 cup Sweet Potatoes - 1/2 cup Wheat Bread - 1 slice Fruit Cup - 1/2 cup	5 **Swiss Steak & Gravy** - 3 oz Mashed Potatoes - 1/2 cup Seasoned Spinach - 4oz Wheat Bread - 1 slice Fruit Cup - 1/2 cup	6 **Veggie Taco Casserole**-6 oz 6" Flour Tortilla - 2 ea Spanish Rice - 4 oz Mixed Vegetables - 4 oz Fruit Cup - 1/2 cup
9 **Beef Stroganoff** - 6 oz Buttered Noodles - 4 oz Harvard Beets - 4 oz Green Beans - 4 oz Wheat Bread - 1 slice Fresh Fruit - 1 ea Dessert of the Day - 2.5" piece	10 **Hamburger w/ Bun** - 3 oz Potato Wedges - 3 oz Broccoli - 1/2 cup Mixed Vegetables - 1/2 cup Fresh Fruit - 1 ea Ketchup, Mustard & Mayo packets - 1 ea	11 **Boneless Pork Loin** - 3 oz Glazed Sweet Potatoes - 4 oz Broccoli - 1/2 cup Herbed Cauliflower - 4 oz Blueberry Muffin - 2 oz Fresh Fruit - 1 ea	12 **Beef Stuffed Cabbage - 2 ea** Mashed Potatoes - 1/2 cup Carrots - 4 oz Green Beans - 4 oz Wheat Bread - 1 slice	13 **Vegetable Lasagna** - 6 oz California Blend Veggies - 4 oz Breadstick - 1 ea Fresh Fruit - 1 ea
16 **Meatballs Marinara** - 3 oz ea Herb Pasta - 4 oz Broccoli - 1/2 cup Herb Cauliflower - 4 oz Wheat Bread - 1 slice Fruit Cup - 1/2 cup	17 **BBQ Chicken Breast** - 3 oz Butternut Squash - 1/2 cup Brussels Sprouts - 4 oz WG Buttermilk Biscuit - 1 ea Fruit Cup - 1/2 cup Dessert of the Day - 2.5" piece	18 **Beef Hot Dog w/ Bun**- 1 ea Green Beans - 4 oz Brussels Sprouts - 4 oz Tater Tots - 10 pieces Fruit Cup - 1/2 cup Ketchup, Mustard, Relish packets - 1 ea	19 **Beef Chili -** 6 oz Mixed Vegetables - 4 oz Broccoli - 1/2 cup Corn Muffin - 2 oz Fruit Cup - 1/2 cup	20 **Cheese Stuffed Shells** - 2 ea w/ 3 oz sauce Seasoned Spinach - 4 oz California Blend Veggies - 4 oz Breadstick - 1 ea Fruit Cup - 1/2 cup
23 **Meatloaf** - 4 oz slice Baked Beans - 4 oz Carrots - 4 oz Mixed Vegetables - 4 oz WG Buttermilk Biscuit - 1 ea Fresh Fruit - 1 ea	24 **Turkey & Gravy** - 4 oz slice Broccoli & Cauliflower - 4 oz Carrots - 4 oz Mashed Potatoes - 1/2 cup Wheat Bread - 1 slice Fresh Fruit - 1 ea	25 **Pepper Steak** - 1 cup Mashed Potatoes - 1/2 cup Green Beans - 4 oz Mixed Vegetables - 1/2 cup Wheat Bread - 1 slice Fresh Fruit - 1 ea	26 **Swedish Meatballs** - 3 ea Buttered Noodles - 4 oz Green Peas - 4 oz Carrots - 4 oz Wheat Bread - 1 slice Fresh Fruit - 1 ea	27 **Cheese Ravioli** - 4 oz Broccoli - 1/2 cup Mixed Vegetables - 4 oz Breadstick - 2 ea Fresh Fruit - 1 ea
30 **Sloppy Joe w/ Bun** - 4 oz Green Peas - 4 oz Harvard Beets - 4 oz Fruit Cup - 1/2 cup		Food produced by the Greater Cleveland Food Bank All meals served with 8 oz 1% milk		Menu reviewed by Ariana Cucuzza RDN LD