



If you will not be home to receive your meal, please call 888-5011 to cancel by 9am.

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
2 Baked Cod with Lemon Parsley Couscous, Diced Carrots, Tuscan Blend Veggies, WG Bread, Applesauce Cups	3 Harvest Macaroni & Cheese, Steamed Broccoli, Warm Zucchini Bread *Higher Sodium Meal	4 Meatloaf w/ VT Beef, Mashed Potatoes, and Gravy, Roasted Vegetables, WG Dinner Rolls, Chocolate Pie Parfait	5 Italian Pork Chop (tomato, peppers, garlic) over WG Pasta, Five Way Veggies, Corn, Mandarin Oranges	6 Tuna Salad on a WG Wrap with Lettuce, Coleslaw, Cucumber Salad, Ambrosia Fruit Salad
9 BBQ Pork on WG Bun, Seasoned Black Beans, Tuscan Blend Veggies, Sliced Pears	10 Chicken & Biscuit (peas, carrots, gravy, WG biscuit), Winter Squash, Warm Berry Crisp	11 Maple Glazed Ham, Baked Potato, Steamed Rutabaga, Peas, Gingerbread *Higher Sodium Meal	12 Broccoli & Cheese Quiche, Roasted Sweet & White Potatoes, Stewed Tomatoes, WG Chocolate Chip Muffin	13 Chicken Salad over Mixed Greens, Couscous Salad with Garden Veggies, Pickled Beets, WG Dinner Roll
16 Vegetable Pizza, Seasoned Spinach, Curried Garbanzo Beans, 100% Juice *Higher Sodium Meal	17 Beef Enchilada w/ VT Beef (beef, WG tortilla, salsa, cheese) Black Beans & Rice, Spiced Pineapple	18 Roast Turkey w/ Mashed Potatoes and Gravy, Cranberry Stuffing, Green Beans, Happy Birthday Carrot Cake	19 Terriyaki Chicken over Rice Pilaf, Fiesta Lime Corn, Steamed Broccoli, Tropical Fruit Salad	20 Garden Pasta Salad with diced Cheddar, Hardboiled Egg, Three Bean Salad, WG Dinner Roll, Fresh Fruit
23 Stuffed Shells with Marinara Sauce, Italian Seasoned Beans, Tuscan Blend Veggie, WG Bread, Dried Fruit *Higher Sodium Meal	24 Sloppy Joe w/ VT Beef over Cornbread, Four Way Veggies, Baked Sweet Potato	25 Montreal Seasoned Pork Chop w/ Roasted Brussel Sprouts, Warm Rice Pudding w/ VT Maple, WG Bread, Side of Potato Salad	26 Pasta Prima Vera (spinach, tomatoes, WG pasta, cheese), Tuscan Blend Veggies, WG Garlic Dinner Roll, Cottage Cheese with Pineapple	27 Greens Topped w/ VT Maple Balsamic & Grilled Chicken, Fresh Melon Chunks, Tomato Salad, WG Oatmeal Raisin Round
30 Memorial Day CLOSED Please call to let us know if you would like a frozen meal for this day.	31 Fish & Chips, WG Potato Crusted Fish & Potato Wedges, Tuscan Blend Veggies, Warm Blueberry Bread			WG= Whole Grains

A friendly reminder that we cannot leave your meal in a cooler.

If you will not be home to receive your meal, please call MOW to make other arrangements. 802-888-5011 ext. 0

***Menu Subject to Change**

Meals on Wheels of Lamoille County Supports the Americans with Disabilities Act. If you feel you have been discriminated against in the nutrition program, please call the **Council on Aging 1-800-642-5119**



Carrot Cake Oatmeal

1 bowl

INGREDIENTS

- 1/2 Cup old-fashioned oats
- 1/2 Cup shredded carrots
- 3/4 Cup water or milk
- 1 Tsp cinnamon
- Optional add ins: 1 tbsp maple syrup or 1 tsp vanilla extract, walnuts, raisins, yogurt.

DIRECTIONS

1. Boil 3/4 cup water or milk over a stove in a small saucepan.
2. Once boiling, add in oats, cover and reduce heat for 3-5 minutes.
3. Once oats have softened, stir in cinnamon, carrots, and maple syrup or vanilla extract if desired. Mix over medium heat for 2-3 minutes until no milk or water is left.
4. Add in nuts, raisins or yogurt as desired. Serve hot!

*Recipe adapted from Plant Based on a Budget



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Spring Word Search



N Q F I P F S D R I B L S B F Z R
 J V P X X O X S B G P I S R E P S
 T D X M R A W S N P T R R F S Q E
 N M Z B G T E A E O Z P E N J M O
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SPRING
MAY
GREEN
WARM
UMBRELLA



MARCH
FLOWERS
GRASS
SHOWERS
EASTER



APRIL
BASEBALL
SUNSHINE
RAIN
BIRDS



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It Must Be Spring

Hush, can you hear it? The rustling in the grass, bringing you the welcome news that Winter's Day is past. Soft, can you feel it? The warm caressing breeze, telling you the sticky buds are bursting on the trees. Look, can you see them? The primrose in the lane. Now you must believe it- Spring is here again. By May Fenn

Source: <https://www.familyfriendpoems.com/poem/it-must-be-spring>

CVCOA Senior Helpline 1-800-642-51919:

Information and Assistance Specialists are available Monday-Friday to answer your questions about Aging Services, Housing, Transportation, Medicare, 3 Squares, Fuel Assistance, and more.

Central Vermont Council on Aging