



555 E. Plaza Circle,  
Suite C  
Litchfield Park, AZ  
85340

623-594-9588  
mealsofjoy.org

# April 2024 Menu

### MENU OPTIONS

<b>Standard Bowl</b> (main dish, no veggies, no salad or fruit)	\$9.00
<b>Standard Meal</b> (includes entrée, salad, fruit)	11.00
<b>Standard Entrée Only</b> (no salad or fruit)	\$9.50
<b>Hearty Meal</b> (includes entrée, salad, fruit)	\$13.00
<b>Salad of the Day</b>	\$11.00
<b>Deli Plate</b> (sandwich or wrap, salad, fruit)	\$11.00
<b>Weekender</b> (sandwich or wrap, salad, fruit)	\$11.00
<b>Bagger Lunch</b> (sandwich, fruit, cookie)	\$5.75

Thank You

- ♦ Desert Diamond Casino

♦ Cynthia Knaut

♦ Steve & Debbie Emory

♦ Nancy Brokemeier

♦ Joseph Nasal
- ♦ Vern Sheick

♦ John Gudritz

♦ Rebecca Davis

♦ Zachary Nix

♦ Stephen Kirk
- ♦ Bill & Sue Schmidt

♦ Ross & Judy Hart

♦ Megan Word

♦ Deborah Marmor

♦ Phyllis Demattos

TO OUR GENEROUS SPONSORS  
Their generous support helps to fund a portion of this month’s meals and brings Meals of Joy to our most vulnerable senior population.

Monday	Tuesday	Wednesday	Thursday	Friday
Meal Alternatives				
<b>Chef Salad</b> w/ham, turkey, mixed greens, tomatoes, cucumbers, cheese, croutons, dressing <b>Deli Plate</b> - Chicken club on a roll, coleslaw, fruit <b>Bagger Lunch</b> - Turkey & cheese sandwich, fruit, cookie	<b>Taco Salad</b> w/seasoned taco-style meat, lettuce, tomatoes, cucumbers, black beans, tortilla chips, cheese, salsa dressing <b>Deli Plate</b> - Turkey BLT w/avocado wrap, chips, fruit <b>Bagger Lunch</b> - Bologna & cheese sandwich, fruit, cookie	<b>Cobb Salad</b> w/chicken, mixed greens, tomatoes, cucumbers, bacon, chopped egg, Swiss cheese, Blue Cheese dressing <b>Deli Plate</b> - Roast beef & cheese sliders, potato salad, fruit <b>Bagger Lunch</b> - Ham & cheese sandwich, fruit, cookie	<b>Standard Bowl</b> - main dish, no veggies, no salad or fruit <b>Deli Plate</b> - Chicken Caesar ranch wrap, coleslaw, fruit <b>Bagger Lunch</b> - Ham & salami sandwich, fruit, cookie	<b>Deli Plate</b> - Dagwood on a roll, chips, fruit <b>Bagger Lunch</b> - Tuna sandwich, fruit, cookie

**To Order Meals:** go to mealsofjoy.org or call 623-594-9588

**Please Note:** If adding or cancelling a meal, it must be done by 10am two business days prior to the affected date. Any cancellations made less than 48 hours before the date will still be billed.

### Standard or Hearty Meal Menu (Standard Entrees - no salad or fruit; Standard Bowl (Thursdays only)- no veggies, salad or fruit)

Monday, April 1	Tuesday, April 2	Wednesday, April 3	Thursday, April 4	Friday, April 5	Weekender (delivered on Friday)
 <b>Baked 4-cheese tortellini</b> w/meat sauce, peas, salad, fruit 730 calories	 <b>Chicken a la king over rice,</b> carrots, salad, fruit 729 calories	 <b>Salisbury steak</b> over mashed potatoes & gravy, green beans, salad, fruit 728 calories	 <b>Teriyaki meatballs w/</b> pineapple & rice, Hawaiian roll, salad, fruit 726 calories	 <b>Fish sandwich w/cheese,</b> roasted potatoes, coleslaw, fruit 730 calories	 <b>Ham, turkey &amp; bacon club wrap,</b> potato salad, fruit 726 calories
Monday, April 8	Tuesday, April 9	Wednesday, April 10	Thursday, April 11	Friday, April 12	Weekender (delivered on Friday)
 <b>Sloppy Joe on bun,</b> mac & cheese, salad, fruit 732 calories	 <b>Chicken fajita burrito,</b> Spanish rice, salad, fruit 727 calories	 <b>Stuffed peppers w/meat &amp;</b> sauce, corn, salad, fruit 719 calories	 <b>Roast beef w/mashed</b> potatoes & gravy, asparagus, salad, fruit 733 calories	 <b>Polish sausage w/roasted</b> potatoes, onions & peppers, green beans, salad, fruit 729 calories	 <b>Jumbo beef hot dog,</b> chips, fruit 726 calories
Monday, April 15	Tuesday, April 16	Wednesday, April 17	Thursday, April 18	Friday, April 19	Weekender (delivered on Friday)
 <b>Baked ziti w/meat sauce,</b> roll, salad, fruit 727 calories	 <b>Chicken tetrazzini over</b> linguine, cauliflower, salad, fruit 722 calories	 <b>Meatloaf w/mashed</b> potatoes, mixed veggies, salad, fruit 736 calories	 <b>Chili mac casserole,</b> carrots, salad, fruit 721 calories	 <b>Chicken stir fry w/veggies</b> over rice, pot stickers, salad, fruit 728 calories	 <b>Italian sub,</b> pasta salad, fruit 725 calories
Monday, April 22	Tuesday, April 23	Wednesday, April 24	Thursday, April 25	Friday, April 26	Weekender (delivered on Friday)
 <b>Baked cheese tortellini w/</b> meat sauce, Broccoli Normandy, salad, fruit 735 calories	 <b>Beef stroganoff over egg</b> noodles, broccoli, salad, fruit 726 calories	 <b>Lemon peppered rotisserie</b> chicken, stuffing, salad, fruit 731 calories	 <b>Beef pot pie,</b> roll, salad, fruit 725 calories	 <b>Breaded chicken parmesan</b> sandwich, roasted potatoes, coleslaw, fruit 734 calories	 <b>Turkey, bacon &amp; ranch wrap,</b> coleslaw, fruit 729 calories
Monday, April 29	Tuesday, April 30				
 <b>Spaghetti &amp; meatballs in</b> meat sauce, garlic bread, salad, fruit 729 calories	 <b>Chicken tenders over garlic</b> mashed potatoes, corn, salad, fruit 728 calories				

Meals prepared in the kitchen of Fountain of Life Lutheran Church, Sun City.