


# Clinton Senior Center

# April 2024 Menu

Monday	Tuesday	Wednesday	Thursday	Friday
<p>April 1</p> <p><b><u>Chicken Parmesan Sandwich</u></b> ♥<b><u>Spring Vegetables</u></b> ♥<b><u>Roasted Red Potatoes</u></b> Wheat Bun Mixed Fruit <b><u>OR</u></b> Starburst Cake</p>	<p>April 2</p> <p><b><u>Tamale Pie</u></b> ♥<b><u>Black Beans</u></b> ♥<b><u>Stewed Tomatoes</u></b> Tortillas/Chips Applesauce <b><u>OR</u></b> Oatmeal Cookie</p>	<p>April 3</p> <p><b><u>Pot Roast</u></b> ♥<b><u>Baked Potatoes</u></b> ♥<b><u>Baby Carrots</u></b> Wheat Roll Blushed Pears <b><u>OR</u></b> Mini Cheesecake</p>	<p>April 4</p> <p><b><u>BBQ Chicken Flatbread</u></b> ♥<b><u>Normandy Vegetables</u></b> ♥<b><u>Roasted Red Potatoes</u></b> Flatbread Cinnamon Apples <b><u>OR</u></b> Cinnamon Roll</p>	<p>April 5</p> <p><b><u>Fried Fish</u></b> ♥<b><u>Spinach</u></b> ♥<b><u>Corn</u></b> Hushpuppies Mandarin Oranges <b><u>OR</u></b> Cook's Feature</p>
<p>April 8</p> <p><b><u>Chicken Salad Sandwich</u></b> ♥<b><u>Pea Salad</u></b> ♥<b><u>Chilled Tomato Salad</u></b> Wheat Bread SF Gelatin with Pears <b><u>OR</u></b> Chocolate Chip Cookie</p>	<p>April 9</p> <p><b><u>Goulash</u></b> ♥<b><u>Carrots</u></b> ♥<b><u>Corn</u></b> Wheat Roll Sliced Peaches <b><u>OR</u></b> Tres Leches Cake</p>	<p>April 10</p> <p><b><u>Salisbury Steak</u></b> Liver and Onions ♥<b><u>Mashed Potatoes/Gravy</u></b> ♥<b><u>California Vegetables</u></b> Wheat Roll Mixed Fruit <b><u>OR</u></b> Poppyseed Cake</p>	<p>April 11</p> <p><b><u>Ham and Beans</u></b> ♥<b><u>Spinach</u></b> ♥<b><u>Harvard Beets</u></b> Wheat Roll Pineapple Tidbit <b><u>OR</u></b> Red Velvet Cake</p>	<p>April 12</p> <p><b><u>Lasagna</u></b> ♥<b><u>Broccoli</u></b> ♥<b><u>Lima Beans</u></b> Wheat Roll Blushed Pears <b><u>OR</u></b> Cook's Feature</p>
<p>April 15</p> <p><b><u>Turkey Melt</u></b> ♥<b><u>Sweet Potato Fries</u></b> ♥<b><u>Broccoli</u></b> Wheat Bread Sliced Pears <b><u>OR</u></b> Lemon Bar</p>	<p>April 16</p> <p><b><u>Meatloaf</u></b> ♥<b><u>Mashed Potatoes/Gravy</u></b> ♥<b><u>Carrots</u></b> Wheat Roll Pineapple Tidbits <b><u>OR</u></b> Coffee Blondies <b>Care Connection Desserts through the Decades 2023</b></p>	<p>April 17</p> <p><b><u>BBQ Pork</u></b> ♥<b><u>Baked Beans</u></b> ♥<b><u>Spring Vegetables</u></b> Wheat Bun Mandarin Oranges <b><u>OR</u></b> Cherry Crisp</p>	<p>April 18</p> <p><b><u>Spaghetti and Meat Sauce</u></b> ♥<b><u>Italian Vegetables</u></b> ♥<b><u>Peas</u></b> Wheat Roll Applesauce <b><u>OR</u></b> Crispy Rice Treat</p>	<p>April 19</p> <p><b><u>Fried Fish</u></b> ♥<b><u>Spinach</u></b> ♥<b><u>Roasted Red Potatoes</u></b> Hushpuppies Sliced Peaches <b><u>OR</u></b> Cook's Feature</p>
<p>April 22</p> <p><b><u>Glazed Ham</u></b> ♥<b><u>Au Gratin Potatoes</u></b> ♥<b><u>Normandy Vegetables</u></b> Wheat Roll Pineapple Tidbit <b><u>OR</u></b> Brownie</p>	<p>April 23</p> <p><b><u>Mushroom Swiss Burger</u></b> ♥<b><u>Carrots</u></b> ♥<b><u>Corn</u></b> Wheat Bun Mixed Fruit <b><u>OR</u></b> Peanut Butter Cookies</p>	<p>April 24</p> <p><b><u>Fish Sandwich</u></b> ♥<b><u>Black Eved Peas</u></b> ♥<b><u>Sweet Potato Fries</u></b> Wheat Bun SF Gelatin with Pineapple <b><u>OR</u></b> Cook's Feature</p>	<p>April 25</p> <p><b><u>Ham Reuben</u></b> ♥<b><u>California Vegetables</u></b> ♥<b><u>Roasted Red Potatoes</u></b> Marble Rye Bread Sliced Pears <b><u>OR</u></b> Lemonade Cake</p>	<p>April 26</p> <p><b><u>Fried Chicken</u></b> ♥<b><u>Mashed Potatoes/Gravy</u></b> ♥<b><u>Green Beans</u></b> Wheat Roll Sliced Peaches <b><u>OR</u></b> Strawberry Cake</p>
<p>April 29</p> <p><b><u>Chicken Parmesan Sandwich</u></b> ♥<b><u>Spring Vegetables</u></b> ♥<b><u>Roasted Red Potatoes</u></b> Wheat Roll Mixed Fruit <b><u>OR</u></b> Starburst Cake</p>	<p>April 30</p> <p><b><u>Tamale Pie</u></b> ♥<b><u>Black Beans</u></b> ♥<b><u>Stewed Tomatoes</u></b> Tortillas/Chips Applesauce <b><u>OR</u></b> Oatmeal Cookie</p>	<p>♥<b><u>Indicates Heart Healthy Item</u></b> <b>Bold underlined items meet the 2020 nutrition guidelines for senior nutrition</b></p>	<p>Skim Milk, Unsweetened Fruit, Chef Salad, Baked Chicken Breast, or Baked Fish available daily as heart healthy alternatives by request.</p>	

**\*Menu subject to change according to availability**