


Monday	Tuesday	Wednesday	Thursday	Friday
	<p>♥Indicates Heart Healthy Item Bold underlined items meet the 2020 nutrition guidelines for senior nutrition</p>	<p>April 1 <u>Manicotti with Meat sauce</u> ♥<u>Spinach</u> ♥<u>Carrots</u> Wheat Roll Sliced Peaches <u>OR</u> Cheesecake</p>	<p>April 2 <u>Turkey and Stuffing</u> ♥<u>Mashed Potatoes/Gravy</u> ♥<u>Green Beans</u> Wheat Roll Sliced Pears <u>OR</u> Banana Cake</p>	<p>Good Friday April 3 <u>Fried Fish</u> ♥<u>Sweet Potato Fries</u> ♥<u>Applesauce</u> Hushpuppies SF Jello with Pineapple <u>OR</u> Cook's Feature</p>
	<p>April 6 <u>Pineapple Ham</u> ♥<u>Yams</u> ♥<u>Green Beans</u> Wheat Roll Mixed Fruit <u>OR</u> Lemon Bar Easter April 5</p>	<p>April 7 <u>Meatloaf</u> ♥<u>Creamed peas & new potatoes</u> ♥<u>Carrots</u> Wheat Bread Fresh Fruit <u>OR</u> Chocolate Chip Cookie</p>	<p>April 8 <u>Salisbury Steak</u> Liver and Onions ♥<u>Mashed Potatoes/Gravy</u> ♥<u>Beets</u> Wheat Roll Sliced Pears <u>OR</u> Poppysed Cake</p>	<p>April 9 <u>Chicken Lo Mein</u> ♥<u>oriental Veg</u> ♥<u>Cauliflower</u> Wheat Roll Pineapple Tidbits <u>OR</u> Carrot Cake</p>
<p>April 13 <u>Chicken Salad Sandwich</u> ♥<u>Pea Salad</u> ♥<u>Potato Salad</u> Wheat Bread Fresh Fruit <u>OR</u> Brownie</p>	<p>April 14 <u>Taco Salad</u> ♥<u>Black Beans</u> ♥<u>Stewed Tomatoes</u> Tortillas/Chips SF Jello with Pears <u>OR</u> Lemon Cake</p>	<p>April 15 <u>Ground Beef Stroganoff</u> ♥<u>Carrots</u> ♥<u>Peas</u> Garlic Breadstick Applesauce <u>OR</u> Rocky Road Dessert</p>	<p>April 16 <u>Fried Chicken</u> ♥<u>Mashed Potatoes/Gravy</u> ♥<u>Green Beans</u> Wheat Roll Sliced Peaches <u>OR</u> Strawberry Cake</p>	<p>April 17 <u>BBQ Pork</u> ♥<u>Broccoli</u> ♥<u>Baked Beans</u> Wheat Bun Blushed Pears <u>OR</u> Cook's Feature Culturally Appropriate Meal</p>
<p>April 20 <u>Chicken Alfredo and Pasta</u> ♥<u>Italian Vegetables</u> ♥<u>Peas</u> Garlic Breadstick Mixed Fruit <u>OR</u> Crispy Rice Treat</p>	<p>April 21 <u>Meatloaf</u> ♥<u>Mashed Potatoes/Gravy</u> ♥<u>Green beans</u> Wheat Roll Sliced Pears <u>OR</u> Oatmeal cookie</p>	<p>April 22 <u>Sweet and Sour Chicken with Rice</u> ♥<u>Carrots</u> ♥<u>Lima Beans</u> Wheat Roll Fresh Fruit <u>OR</u> Fortune Cookie</p>	<p>April 23 <u>Cheese Mac and Ham</u> ♥<u>Beets</u> ♥<u>Corn</u> Wheat Roll Cinnamon Apples <u>OR</u> Chocolate Cake</p>	<p>April 24 <u>Meatball Sub</u> ♥<u>Sweet Potato Fries</u> ♥<u>broccoli</u> Hot dog bun Pineapple Tidbits <u>OR</u> Cook's Feature</p>
<p>April 27 <u>Sloppy Joes</u> ♥<u>Roasted Red Potatoes</u> ♥<u>Beets</u> Wheat Bun Fresh Banana <u>OR</u> Blondie</p>	<p>April 28 <u>BBQ Chicken</u> ♥<u>Creamed Peas/New Potatoes</u> ♥<u>California Vegetables</u> Wheat Roll Blushed Pears <u>OR</u> Peanut Butter Cookie</p>	<p>April 29 <u>Company Casserole</u> ♥<u>Spinach</u> ♥<u>Carrots</u> Wheat Roll Sliced Peaches <u>OR</u> Cheesecake</p>	<p>April 30 <u>Turkey and Stuffing</u> ♥<u>Mashed Potatoes/Gravy</u> ♥<u>Green Beans</u> Wheat Roll Sliced Pears <u>OR</u> Banana Cake</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