

April 2024 Menu

Holden Senior Center

Wednesday	Thursday	Friday
<p style="text-align: right;">April 3</p> <p><u>Pot Roast</u> ♥<u>Baked Potatoes</u> ♥<u>Baby Carrots</u> Wheat Roll Blushed Pears <u>OR</u> Mini Cheesecake</p>	<p style="text-align: right;">April 4</p> <p><u>BBQ Chicken Flatbread</u> ♥<u>Normandy Vegetables</u> ♥<u>Sweet potato fries</u> Flatbread Cinnamon Apples <u>OR</u> Cinnamon Roll</p>	<p style="text-align: right;">April 5</p> <p><u>Lemon Pepper Fish</u> ♥<u>Creamed Spinach</u> ♥<u>Stewed Tomatoes</u> Hushpuppies Cooks Choice Fruit or Dessert</p>
<p style="text-align: right;">April 10</p> <p><u>Salisbury Steak</u> Liver and Onions ♥<u>Mashed Potatoes/Gravy</u> ♥<u>California Vegetables</u> Wheat Roll Mixed Fruit <u>OR</u> Poppyseed Cake</p>	<p style="text-align: right;">April 11</p> <p><u>Ham and Beans</u> ♥<u>Spinach</u> ♥<u>Harvard Beets</u> Corn Bread Pineapple Tidbit <u>OR</u> Coffee Blondies Care Connection Desserts through the Decades 2023</p>	<p style="text-align: right;">April 12</p> <p><u>Lasagna</u> ♥<u>Broccoli</u> ♥<u>Lima Beans</u> Garlic Roll Cooks Choice Fruit or Dessert</p>
<p style="text-align: right;">April 17</p> <p><u>Ham Reuben</u> ♥<u>California Vegetables</u> ♥<u>Baked Potatoes</u> Rye Bread Mandarin Oranges <u>OR</u> Cherry Crisp</p>	<p style="text-align: right;">April 18</p> <p><u>Fried Chicken</u> ♥<u>Mashed Potatoes/Gravy</u> ♥<u>Green Beans</u> Wheat Roll Sliced Peaches <u>OR</u> Strawberry Cake</p>	<p style="text-align: right;">April 19</p> <p><u>Turkey Melt</u> ♥<u>Sweet Potato Fries</u> ♥<u>Broccoli</u> Wheat Bread Cooks Choice Fruit or Dessert</p>
<p style="text-align: right;">April 24</p> <p><u>BBQ Pork</u> ♥<u>Roasted Red Potatoes</u> ♥<u>Spring Vegetables</u> Wheat Bun Sliced Pears <u>OR</u> Lemonade Cake</p>	<p style="text-align: right;">April 25</p> <p><u>Spaghetti and Meat Sauce</u> ♥<u>Italian Vegetables</u> ♥<u>Peas</u> Garlic Roll Applesauce <u>OR</u> Crispy Rice Treat</p>	<p style="text-align: right;">April 26</p> <p><u>Fish Sandwich</u> ♥<u>Black Eyed Peas</u> ♥<u>Sweet Potato Fries</u> Wheat Bun Cooks Choice Fruit or Dessert</p>
<p>♥Indicates Heart Healthy Item Bold underlined items meet the 2020 nutrition guidelines for senior nutrition</p>	<p>Skim Milk, Unsweetened Fruit, Chef Salad, Baked Chicken Breast, or Baked Fish available daily as heart healthy alternatives by request.</p>	 <p>Care Connection 50 YEARS for Aging Services 1973 - 2023</p>

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