


Holden Senior Center

April 2026 Menu

Lunch Served 11:30-12:30

Tuesday	Wednesday	Thursday	Friday
	April 1 <u>Manicotti with Meatsauce</u> ♥ <u>Steamed Cabbage</u> ♥ <u>California Vegetables</u> Garlic Roll Sliced Peaches OR Pineapple Cheesecake	April 2 <u>Turkey and Stuffing</u> ♥ <u>Mashed Potatoes/Gravy</u> ♥ <u>Green Beans</u> Wheat Roll Sliced Pears OR Banana Cake	Good Friday April 3 <u>Baked Fish</u> ♥ <u>Sweet Potato Fries</u> ♥ <u>Black Eyed Peas</u> Hushpuppies Cooks' choice Fruit or Dessert
	April 7 Closed 605 E 10th St East Side of Holden United Methodist Church, Door Marked Care Connection 816-732-5757	April 8 <u>Salisbury Steak</u> Liver and Onions ♥ <u>Mashed Potatoes/Gravy</u> ♥ <u>Beets</u> Wheat Roll Sliced Pears OR Poppyseed Cake	April 9 <u>Chicken Lo Mein</u> ♥ <u>Broccoli</u> ♥ <u>Cauliflower</u> Wheat Roll Pineapple Tidbits OR Carrot Cake
April 14 Closed	April 15 <u>Lasagna</u> ♥ <u>Carrots</u> ♥ <u>Peas</u> Garlic Breadstick Applesauce OR Rocky Road Dessert	April 16 <u>Fried Chicken</u> ♥ <u>Mashed Potatoes/Gravy</u> ♥ <u>Green Beans</u> Wheat Roll Sliced Peaches OR Strawberry Cake	April 17 <u>BBQ Pork</u> ♥ <u>Broccoli</u> ♥ <u>Baked Beans</u> Wheat Bun Cooks' choice Fruit or Dessert Culturally Appropriate Meal
April 21 Closed	April 22 <u>Sweet and Sour Chicken with Rice</u> ♥ <u>Carrots</u> ♥ <u>Lima Beans</u> Wheat Roll Strawberry Banana's OR Fortune Cookie	April 23 <u>Meatloaf</u> ♥ <u>Mashed Potatoes/Gravy</u> ♥ <u>Beets</u> Wheat Roll Cinnamon Apples OR Chocolate Cake	April 24 <u>Ham and Beans</u> ♥ <u>Spinach</u> ♥ <u>Stewed Tomatoes</u> Cornbread Cook's choice Fruit or Dessert
April 28 Skim Milk, Unsweetened Fruit, Chef Salad, Baked Chicken Breast, or Baked Fish available daily as heart healthy alternatives by request.	April 29 <u>Manicotti with Meatsauce</u> ♥ <u>Spinach</u> ♥ <u>Carrots</u> Garlic Roll Sliced Peaches OR Cheesecake	April 30 <u>Turkey and Stuffing</u> ♥ <u>Mashed Potatoes/Gravy</u> ♥ <u>Green Beans</u> Wheat Roll Sliced Pears OR Banana Cake	♥ Indicates Heart Healthy Item Bold underlined items meet the 2020 nutrition guidelines for senior nutrition.

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