


Senior Center Name

April 2024 Menu

Monday	Tuesday	Wednesday	Thursday	Friday
<p>April 1</p> <p><u>Chicken Parmesan Sandwich</u> ♥<u>Spring Vegetables</u> ♥<u>Roasted Red Potatoes</u> Wheat Bun Mixed Fruit <u>OR</u> Starburst Cake</p>	<p>April 2</p> <p><u>Tamale Pie</u> ♥<u>Black Beans</u> ♥<u>Stewed Tomatoes</u> Tortillas/Chips Applesauce <u>OR</u> Oatmeal Cookie</p>	<p>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>April 4</p> <p><u>BBQ Chicken Flatbread</u> ♥<u>Normandy Vegetables</u> ♥<u>Roasted Red Potatoes</u> Flatbread Cinnamon Apples <u>OR</u> Cinnamon Roll</p>	<p>April 5</p> <p><u>Fried Fish</u> ♥<u>Spinach</u> ♥<u>Corn</u> Hushpuppies Mandarin Oranges <u>OR</u> Cook's Feature</p>
<p>April 8</p> <p><u>Chicken Salad Sandwich</u> ♥<u>Pea Salad</u> ♥<u>Chilled Tomato Salad</u> Wheat Bread SF Gelatin with Pears <u>OR</u> Chocolate Chip Cookie</p>	<p>April 9</p> <p><u>Goulash</u> ♥<u>Carrots</u> ♥<u>Corn</u> Wheat Roll Sliced Peaches <u>OR</u> Tres Leches Cake</p>	<p>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> Poppseed Cake</p>	<p>April 11</p> <p><u>Ham and Beans</u> ♥<u>Spinach</u> ♥<u>Harvard Beets</u> Wheat Roll Pineapple Tidbit <u>OR</u> Red Velvet Cake</p>	<p>April 12</p> <p><u>Lasagna</u> ♥<u>Broccoli</u> ♥<u>Lima Beans</u> Wheat Roll Blushed Pears <u>OR</u> Cook's Feature</p>
<p>April 15</p> <p><u>Turkey Melt</u> ♥<u>Sweet Potato Fries</u> ♥<u>Broccoli</u> Wheat Bread Sliced Pears <u>OR</u> Lemon Bar</p>	<p>April 16</p> <p><u>Meatloaf</u> ♥<u>Mashed Potatoes/Gravy</u> ♥<u>Carrots</u> Wheat Roll Pineapple Tidbits <u>OR</u> Coffee Blondies Care Connection Desserts through the Decades 2023</p>	<p>April 17</p> <p><u>BBQ Pork</u> ♥<u>Baked Beans</u> ♥<u>Spring Vegetables</u> Wheat Bun Mandarin Oranges <u>OR</u> Cherry Crisp</p>	<p>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>April 19</p> <p><u>Fried Fish</u> ♥<u>Spinach</u> ♥<u>Roasted Red Potatoes</u> Hushpuppies Sliced Peaches <u>OR</u> Cook's Feature</p>
<p>April 22</p> <p><u>Glazed Ham</u> ♥<u>Au Gratin Potatoes</u> ♥<u>Normandy Vegetables</u> Wheat Roll Pineapple Tidbit <u>OR</u> Brownie</p>	<p>April 23</p> <p><u>Mushroom Swiss Burger</u> ♥<u>Carrots</u> ♥<u>Corn</u> Wheat Bun Mixed Fruit <u>OR</u> Peanut Butter Cookies</p>	<p>April 24</p> <p><u>Ham Reuben</u> ♥<u>California Vegetables</u> ♥<u>Roasted Red Potatoes</u> Wheat Roll Sliced Pears <u>OR</u> Lemonade Cake</p>	<p>April 25</p> <p><u>Spaghetti and Meat Sauce</u> ♥<u>Italian Vegetables</u> ♥<u>Peas</u> Wheat Roll Applesauce <u>OR</u> Crispy Rice Treat</p>	<p>April 26</p> <p><u>Fish Sandwich</u> ♥<u>Black Eved Peas</u> ♥<u>Sweet Potato Fries</u> Wheat Bun SF Gelatin with Pineapple <u>OR</u> Cook's Feature</p>
<p>April 29</p> <p><u>Chicken Parmesan Sandwich</u> ♥<u>Spring Vegetables</u> ♥<u>Roasted Red Potatoes</u> Wheat Roll Mixed Fruit <u>OR</u> Starburst Cake</p>	<p>April 30</p> <p><u>Tamale Pie</u> ♥<u>Black Beans</u> ♥<u>Stewed Tomatoes</u> Tortillas/Chips Applesauce <u>OR</u> Oatmeal Cookie</p>	<p>♥<u>Indicates Heart Healthy Item</u> 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>	

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