

Marshall Senior Center

April 2026 Menu

Phone # 660-886-9888

Monday	Tuesday	Wednesday	Thursday	Friday
<p>Care Connection <i>for Aging Services</i></p> <p>Indicates Heart Healthy Item Bold underlined items meet the 2020 nutrition guidelines for senior nutrition</p>	<p>Indicates Heart Healthy Item Bold underlined items meet the 2020 nutrition guidelines for senior nutrition</p>	<p>Manicotti with Meatsauce ▼Spinach ▼Carrots Wheat Roll Sliced Peaches <u>OR</u> Cheesecake</p>	<p>Turkey and Stuffing ▼Mashed Potatoes/Gravy ▼Green Beans Wheat Roll Sliced Peas <u>OR</u> Banana Cake</p>	<p>Good Friday Fried Fish ▼Sweet Potato Fries ▼Black Eyed Peas Hushpuppies SF Jello with Pineapple <u>OR</u> Cook's Feature</p>
<p>April 6 Pineapple Ham ▼Yams ▼Green Beans Wheat Roll Mixed Fruit <u>OR</u> Lemon Bar Easter April 5</p>	<p>April 7 Turkey Melt ▼Broccoli and Cheese Soup ▼Roasted Red Potatoes Wheat Bread Fresh Fruit <u>OR</u> Chocolate Chip Cookie</p>	<p>April 8 Salisbury Steak Liver and Onions ▼Mashed Potatoes/Gravy ▼Beets Wheat Roll Sliced Peas <u>OR</u> Poppyseed Cake</p>	<p>April 9 Chicken Lo Mein ▼Broccoli ▼Cauliflower Wheat Roll Pineapple Tidbits <u>OR</u> Carrot Cake</p>	<p>April 10 Meatloaf ▼Creamed Peas and New Potatoes ▼Carrots Wheat Roll Applesauce <u>OR</u> Cook's Feature</p>
<p>April 13 Chicken Salad Sandwich ▼Carrot Raisin Salad ▼Potato Salad Wheat Bread Fresh Fruit <u>OR</u> Brownie</p>	<p>April 14 Taco Salad ▼Black Beans ▼Stewed Tomatoes Tortillas/Chips SF Jello with Peas <u>OR</u> Tres Leches Cake</p>	<p>April 15 Lasagna ▼Carrots ▼Peas Garlic Breadstick Applesauce <u>OR</u> Rocky Road Dessert</p>	<p>April 16 Fried Chicken ▼Mashed Potatoes/Gravy ▼Green Beans Wheat Roll Sliced Peaches <u>OR</u> Strawberry Cake</p>	<p>April 17 BBO Pork ▼Broccoli ▼Baked Beans Wheat Bun Blushed Peas <u>OR</u> Cook's Feature Culturally Appropriate Meal</p>
<p>April 20 Chicken Parmesan and Pasta ▼Italian Vegetables ▼Peas Garlic Breadstick Mixed Fruit <u>OR</u> Crispy Rice Treat</p>	<p>April 21 Meatball Sub ▼Sweet Potato Fries ▼Green Beans Hoagie Roll Sliced Peas <u>OR</u> Snickerdoodle</p>	<p>April 22 Sweet/Sour Chicken w/ Rice ▼Carrots ▼Lima Beans Wheat Roll Fresh Fruit <u>OR</u> Fortune Cookie</p>	<p>April 23 Meatloaf ▼Mashed Potatoes/Gravy ▼Beets Wheat Roll Cinnamon Apples <u>OR</u> Chocolate Cake</p>	<p>April 24 Ham and Beans ▼Spinach ▼Stewed Tomatoes Cornbread Pineapple Tidbits <u>OR</u> Cook's Feature</p>
<p>April 27 Sloppy Joes ▼Roasted Red Potatoes ▼Beets Wheat Bun Fresh Banana <u>OR</u> Blondie</p>	<p>April 28 BBO Chicken ▼Creamed Peas and New Potatoes ▼California Vegetables Wheat Roll Blushed Peas <u>OR</u> Peanut Butter Cookie</p>	<p>April 29 Manicotti with Meatsauce ▼Spinach ▼Carrots Wheat Roll Sliced Peaches <u>OR</u> Cheesecake</p>	<p>April 30 Turkey and Stuffing ▼Mashed Potatoes/Gravy ▼Green Beans Wheat Roll Sliced Peas <u>OR</u> Banana Cake</p>	<p>April 30 Skim Milk, Unsweetened Fruit, Chef Salad, Baked Chicken Breast, or Baked Fish available daily as heart healthy alternatives by request. Marshall Senior Center requests a 24-hour notice for baked chicken, baked fish and chef salads to ensure proper preparation time and supply.</p>

*Menu subject to change according to availability Serving Lunch 11:30 – 12:30