

# APRIL – 2008 Menu

In order to offer a well-balanced, nutritional meal to all seniors, the suggested donation per meal is \$2.00 (Non-Senior - \$4.00, Disabled - \$3.00)

Monday	Tuesday	Wednesday	Thursday	Friday
	1	2	3	4
	Salisbury Steak Mashed Potatoes Carrots Mixed Salad Buttermilk Biscuit Fresh Banana	Navy Bean Soup BBQ Chicken Potato Au Gratin Spinach Coleslaw with Pineapple Cornbread Berry Cobbler w/ Oatmeal	<b>BIRTHDAY LUNCH</b> Chicken Cacciatore Brown and White Rice Squash Medley Spinach Salad Dinner Roll Citrus Fruit Cup <b>DANCE IN THE EVENING</b>	Baked Herb Fish Rice Pilaf Peas and Mushrooms Romaine Salad Whole Grain Roll Orange
7	8	9	10	11
Apple Juice Roast Beef Basil Mashed Potatoes Carrots Romaine Salad Whole Grain Roll Bread Pudding	Grilled Chicken Breast Italian Herb Pasta Peas and Mushrooms Garden Salad Buttermilk Biscuit Fresh Fruit	Pork Chops Baked Potato Winter Squash Tossed Salad Corn Muffin Fresh Fruit	Boston Sole Barley Pilaf Green Beans w/ Almonds Spinach and Orange Salad Dinner Roll Chocolate Cake	Linguini w/ Meat Sauce Broccoli Caesar Salad Garlic Bread Apple Cobbler w/ Oatmeal Topping
14	15	16	17	18
Pineapple Juice Beef Lasagna Peas and Carrots Caesar Salad Garlic Bread Peanut Butter Cookies or Fruit	Roast Pork Sweet Potatoes Green Beans Lettuce & Tomato Salad Whole Grain Roll Strawberry Gelatin	Chicken and Broccoli w/ Fettuccine Alfredo Broccoli Tossed Salad Corn Bread Apricots	Beef Stew Coleslaw w/ Pineapple Whole Grain Roll Banana	Grape Juice Chicken Enchilada Spanish Rice Mexicali Corn Lettuce and Tomato Salad Flour Tortilla Flan
21	22	23	24	25
Apple Juice Old Fashioned Meatloaf Au Gratin Potatoes Zucchini and Yellow Peppers Garden Salad Dinner Roll Peach Cobbler w/ Oatmeal	Roast Garlic Chicken Scalloped Potatoes Mixed Vegetables Romaine Salad Buttermilk Biscuit Orange Sections	Beef Stroganoff Broccoli Tossed Salad Whole Grain Roll Chocolate Pudding	Glazed Baked Ham <b>Or Large Salad</b> Fresh Sweet Potatoes Green Beans Romaine Salad Dinner Roll Fresh Fruit <b>DANCE IN THE EVENING</b>	Beef Burgundy Macaroni and Cheese Normandy Vegetables Lettuce and Tomato Salad Cornbread Oatmeal Raisin Cookies
28	29	30		
Quiche Lorraine <b>Or Salisbury Steak</b> Oven Brown Potatoes Green Beans Garden Salad Buttermilk Biscuit Fresh Apples	Egg Flower Soup Roast Teriyaki Chicken White & Brown Rice Peas & Carrots Mandarin Orange Salad Vegetable Egg Roll Almond Cookies	Fish Vera Cruz Spanish Rice Mexicali Corn Coleslaw w/ Pineapple Corn Tortillas Fresh Banana		

Alternate to entrée – 2 cups Lettuce, 3 oz. Protein, (1 oz. Egg, 1 oz. Cheese, 1 oz. Beans). A maximum of 15 salads per day. Salads must be ordered by 10:00 a.m. Salads are not available on Special Lunch Days. We serve low-fat milk with each meal. Menu subject to change without notice.