

April 2019


Mon

Tue

Wed

Thu

Fri

<p>1 <i>Meat</i> Lasagna Tossed Salad, tomatoes, cheese Garlic Bread pears, 2% Milk</p>	<p>2 Baked Fish , oven browned potatoes, carrots, banana, WW Bread, 2% Milk</p>	<p>3 Salisbury Steak, Gravy Mashed Potato's Green Beans Biscuit, Fruit Cocktail 2% Milk</p>	<p>4 <i>Mixed Vegetable Soup, Tuna Salad Sandwich on WW Bread, raw carrots, banana, 2% Milk</i></p>	<p>5 Great Northern Beans Chopped onions Cornbread Sour Kraut, wieners Peaches, 2% Milk</p>
<p>8 Scrambled Eggs Hash Brown Potatoes Sausage Gravy Biscuit, Applesauce, 2% Milk</p>	<p>9 Taco Salad / Chips, meat, Tossed Salad, shredded cheese, tomatoes, onions, pineapples, Pudding 2 % Milk</p>	<p>10 Chicken Wing Dings Parsley Potatoes Green Beans, WW Bread Pudding, 2% Milk</p>	<p>11 Spaghetti with Meat and tomato sauce Tossed Salad, cheese, tomatoes, Garlic Bread, Fruit, 2% Milk</p>	<p>12 Chili w/pinto beans Grilled Cheese Sandwich Corn, fruit, Crackers, pudding, 2% Milk</p>
<p>15 Pinto Beans Hash Rounds, Onions Fruit cocktail Cornbread, Cookie 2% Milk</p>	<p>16 <i>Country Baked Steak & Gravy, Mashed Potatoes, Peas, WW Bread, Fruit, 2% Milk</i></p>	<p>17 Hot Dog with Chili, Cole Slaw, onions Potato Fries Baked Beans Apple, 2% Milk</p>	<p>18 Chicken Stew, egg noodles, Broccoli, Pear Halves, WW Bread, crackers 2% Milk</p>	<p>19 CENTER'S CLOSED for GOOD FRIDAY</p>
<p>22 Baked Fish , oven browned potatoes, carrots and peas, sliced peaches, WW Bread, banana, 2% Milk</p>	<p>23 <i>Hamburger on WW Bun, lettuce, tomato, onion, corn, pineapples, oven fries, 2% Milk</i></p>	<p>24 Roast Turkey, Gravy, Carrots, mashed potatoes, peas Cake, WW Roll, Ice Cream, 2% Milk</p>	<p>25 Meatloaf with tomato sauce, scalloped potatoes, green beans, sliced apples, WW Roll, 2% Milk</p>	<p>26 Great Northern Beans Chopped onions Cornbread Sour Kraut, wieners Peaches, 2% Milk</p>
<p>29 <i>Baked Chicken and Gravy</i> Mashed Potatoes Carrots, WW Roll , oranges 2% Milk</p>	<p>30 <i>Tomato Soup Ham Sandwich with Cheese, Lettuce and Tomatoes, Cookie, Crackers, 2% Milk</i></p>		<p>All meals meet RDI regulations. Each day a bread group item, butter and milk will be served. Rich desserts, rice and gravies are optional to each participant. No salt or margarine added to vegetables and meats unless specified. All instant potatoes and breads have some salt, margarine and sugar. Please use the suggestion box to express your opinion of the daily meals. <u>The Nutrition Program reserves the right to change menus.</u></p>	