

April Seniors' CHOICE menu

	Monday 1	Tuesday 2	Wednesday 3	Thursday 4	Friday 5
BOX					
LUNCH	Country Fried Steak w/Gravy - 9063 <i>(ch b) grilled chicken brst ch7026</i> Potato Wedges Green Beans Wheat Bread / Margarine Grape Juice 100% Cinnamon Teddy Grahams Diet: same	Chicken Tikka Masala - 9110 <i>(ch b) beef & rice w/gravy ch7041</i> Brown Rice Carrots Broccoli Applesauce Chocolate Chip Cookie Diet: same	Chili w/Spaghetti - 9064 <i>(ch b) spaghetti w/ marinara ch7055</i> Vegetable Medley (2 servings) Cheddar Cheese Unsalted Saltine Crackers (2 pk) Pears Diet: same	Turkey Tetrazzini - 9036 w/ Peas and Mushrooms <i>(ch b) veggie tetrazzini ch7056</i> <i>(not a vegetarian meal)</i> Brussel Sprouts Baked Cinnamon Apples Wheat Bread / Margarine Diet: same	Baked Fish - ch7004 <i>(ch b) roast pork loin - 9115</i> Brown Rice Oregon Veggies (2 servings) Apple Juice 100% Chocolate Sponge Cake Diet: same
WEEK	April Fool's Day 				
BOX	8	9	10	11	12
LUNCH	Chicken & Potato Casserole - 9315 <i>(ch b) roast beef & gravy ch7025</i> Broccoli (2 servings) Wheat Bread (2 slices) Margarine Peaches Diet: same	turkey Ham & Beans - 9062 <i>(ch b) chicken stew ch7022</i> Mixed Vegetables (2 servings) Cornbread / Margarine Fruit Punch 100% Animal Crackers Diet: same	Pork Cutlet w/Gravy - 9003 <i>(ch b) chicken w/gravy ch7008</i> Green Beans Beets Wheat Bread (2 servings) Margarine Fruit Cocktail Diet: same	Chicken and Brown Rice w/ Gravy - 9023 <i>(ch b) beef/brown rice/gravy ch7041</i> Broccoli Diced Carrots Mandarin Oranges Diet: same	Grilled Cheese Sandwich <i>(ch b) Spaghetti & Meatballs - 9035</i> w/ Marinara Tomato Soup (cong only) Italian Vegetables Spinach / Vinegar Orange Juice 100% Chocolate Elf Grahams Diet: same
WEEK	APRIL B-DAY PARTY				Nat'l Grilled Cheese Sandwich Day
BOX	15	16	17	18	19
LUNCH	Smoked Turkey Sausage w/ Sauerkraut - 9055 <i>(ch b) meatloaf w/ gravy ch7016</i> Mashed Potatoes Green Beans Rye Bread (2 pcs) Fruit Cocktail Mustard / Ketchup Diet: same	Hamburger - 9071 <i>(ch b) sliced deli ham ch7005</i> w/ Swiss American Cheese slice Baked Beans Broccoli Bun Pineapple Mustard / Ketchup Diet: same	Salisbury Steak w/Gravy - 9029 <i>(ch b) chicken w/gravy ch7008</i> Whipped Sweet Potatoes Mixed Vegetables Wheat Bread / Margarine Apple Juice 100% Chocolate Chip Cookie Diet: same	Broccoli Cheddar Chicken - 9031 <i>(ch b) cheesy beef & broccoli ch7042</i> Brown Rice Oregon Vegetables Corn Applesauce Diet: same	Good Friday Salmon Croquette - 9030 <i>(ch b) beef & rice stuffed cabbage roll w/marinara ch9077</i> Peas & Onions sliced Yellow Squash Dinner Roll / Margarine Grape Juice 100% Sponge Cake
WEEK					
BOX	22	23	24	25	26
LUNCH	Hawaiian Pineapple Ham - 9094 <i>(ch b) pineapple topped chicken ch7013</i> Whipped Sweet Potatoes Peas Dinner Roll / Margarine Mandarin Oranges Mini Chocolate Eclairs (2 ea) Diet: Chocolate Sponge Cake	Roast Turkey w/Gravy - 9005 <i>(ch b) country fried steak w/gravy ch7054</i> Mashed Potatoes Vegetable Medley Dinner Roll / Margarine Cranberry Juice Chocolate Elf Grahams	Grilled Chicken w/BBQ Sauce - 9049 <i>(ch b) hamburger ch7006</i> Potato Wedges Cheesy Broccoli Bun Strawberry Applesauce Diet: same	Italian Chicken - 9042 <i>(ch b) fried steak italiano ch7011</i> w/ No Salt Added Marinara Spaghetti Italian Vegetables Peas Apple Juice 100% Sponge Cake Diet: same	Cinci Four-Way - <i>(ch b) spaghetti w/ marinara ch7055</i> Kidney Beans Broccoli Cheddar Cheese Oyster Crackers Peaches Diet: same
WEEK					
BOX	29	30			
LUNCH	BBQ Beef - 9051 <i>(ch b) grilled chicken brst ch7026</i> Creamy Vegetable Soup (cong only) Peas & Onions Potato Wedges Pears Bun Diet: same	Meatloaf w/ Gravy - 9072 <i>(ch b) chicken w/ gravy ch7008</i> Mashed Potatoes Carrots Wheat Bread / Margarine Fruit Cocktail Cinnamon Teddy Grahams Diet: same		Good Friday - April 19th Passover Begins at Sundown - April 19th Easter Sunday - April 21st 	Complete meal consists of: 3 oz. Protein, 2 servings of Vegetables (1/2 cup ea.), 1 serving of Fruit (1/2 cup) or Juice (4 oz.), 2 servings of Bread/Starch, and 8 oz. Milk (1/2 pint) 
WEEK					
BOX					