

Senior Center Lunch Menu

APRIL 2019

Monday	Wednesday	Friday
1ST Salisbury Beef, Baked Potato, Spinach, Multi-Grain Bread, Strawberry Applesauce, Coffee, Milk, Margarine (2), Sour Cream	3RD Pork Roast, Brown Gravy, Whipped Potatoes, Sliced Carrots, Wheat Roll, Sugar Cookie, Coffee, Milk, Margarine	5TH LENT- Breaded Pollock, Whole Kernel Corn, Stewed Tomatoes, Hamburger Bun, Lemon Swirl Pudding, Coffee, Milk, Tartar Sauce
8TH Baked Chicken Breast, Savory Apricot Sauce, Baked Sweet Potato, Italian Vegetable Blend, Dinner Roll, Fresh Seasonal Fruit, Coffee, Milk, Margarine (2)	10TH Roast Beef, Brown Gravy, Whipped Potatoes, Green Peas, Wheat Roll, Birthday Cake, Coffee, Milk, Margarine	12TH LENT- Tuna Noodle Casserole, Green Peas, Sliced Carrots, Multi-Grain Bread, Sliced Pears, Coffee, Milk, Margarine
15TH Chicken Tetrazzini, Herbed Green Peas, Sliced Carrots, Wheat Bread, Peaches, Coffee, Milk, Margarine	17TH Beef Chili w/Beans, Baked Potato, Mixed Green Salad, Wheat Roll, Sliced Pears, Coffee, Milk, Margarine (2) Sour Cream, Ranch Dressing	19TH LENT- Breaded Pollock, Roasted Potato Medley, Mixed Vegetables, Wheat Bread, Carnival Cookie, Coffee, Milk, Tartar Sauce
22ND Cranberry Dijon Chicken, Mashed Sweet Potatoes, Broccoli & Cauliflower, Wheat Roll, Apricot Halves, Coffee, Milk, Margarine	24TH Liver & Onions or Beef w/Onion Gravy, Whipped Potatoes, Green Beans, Wheat Roll, Oatmeal Cookie, Coffee, Milk, Margarine	26TH Taco Meat, Lettuce & Tomato, Shredded Cheese, Mexican Rice, Mixed Beans, Tortilla Chips, Fresh Seasonal Fruit, Coffee, Milk, Taco Sauce, Sour Cream
29TH Country Fried Steak, Country Gravy, Whipped Potatoes, Whole Kernel Corn, Multi-Grain Bread, Fresh Seasonal Fruit, Coffee, Milk, Margarine (2)	*MENU SUBJECT TO CHANGE W/O NOTICE*	- Indicates Meal is High in Sodium