

APRIL 2017 MENUS

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
3	4	5	6	7
Porcupine Meatballs Mashed Potatoes Brussel Sprouts Strawberries & Bananas	Crunchy Pollock Potato Wedges Peas Chocolate Pudding Peaches	Ham Loaf Roasted Red Potatoes California Blend Raisin Rice Pudding	Cheese Burger WW Bun Santa Fe Corn Baby Carrots Plums OJ	Golden Baked Chicken Potatoes w/ Gravy Garden Beans Fruit Cup WW Roll
10	11	12	13	14
Salisbury Ground Beef Baked Potato Mixed Vegetables or Mixed Vegetable Salad Peach Crisp	Hot Pork Sandwich w/ WW Bread and Potatoes w/Gravy Carrots & Broccoli Oatmeal Raisin Bar	COOK'S CHOICE	Creamed Chicken Buttermilk Biscuit Green Beans Strawberry Rhubarb Raisin Crisp OJ	Hearty Veg Beef Soup Corn Bread Banana Half Cinnamon Apples w/Crunchy Topping
17	18	19	20	21
Swiss Style Gr. Beef Baked Potato Triple Salad Blushing Pears	Roast Turkey Potatoes/gravy Creamed Asparagus Strawberries OJ	Crunchy Pollock Sweet Potato Wedges Corn, bean, broccoli salad Pineapple Crunch Tomato Juice	BBQ Pork on WW Bun California Blend or Chop-Chop Salad Potato Salad Banana half	Golden Baked Chicken Scalloped Potatoes Harvard Beets Sunshine Salad WW Roll
24	25	26	27	28
Pork Loin Chop Potatoes/Gravy Squash WW Roll Apple Crisp	Taco Salad Corn Salad Plums Royal Brownie Tomato Juice	Chicken Noodle Casserole Brussel Sprouts Apricots Pumpkin Custard OJ	Liver and Onions Mashed Potatoes and Gravy Mixed Vegetable WW Roll Mixed Fruit	Crunchy Baked Fish Parsley Potatoes Creamed Peas Fruit Cup with Dip

Each Meal Includes:

* 1/3 of the Required Daily Amounts (RDA) for persons age
70+
*Milk

* Condiments as appropriate

* Sodium >800mg



Amy Barnes MS RDN LDN