

APRIL 2018 MENUS

| MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY |
|--|--|---|--|---|
| 2 | 3 | 4 | 5 | 6 |
| Porcupine Meatballs Mashed Potatoes Brussel Sprouts Strawberries & Bananas | Golden Baked Chicken Potatoes w/ Gravy Garden Beans Fruit Cup WW Roll | Ham Loaf Roasted Red Potatoes California Blend Raisin Rice Pudding | Cheese Burger WW Bun Santa Fe Corn Baby Carrots Plums OJ | Crunchy Pollock Potato Wedges Peas Chocolate Pudding Peaches |
| 9 | 10 | 11 | 12 | 13 |
| Salisbury Ground Beef Baked Potato Mixed Vegetables or Mixed Vegetable Salad Peaches | Hot Pork Sandwich w/ WW Bread and Potatoes w/Gravy Orange Glazed Beets Pears | Cook's Choice | Creamed Chicken Buttermilk Biscuit Green Beans Strawberry Rhubarb Raisin Crisp Grape Juice | Hearty Veg Beef Soup Corn Bread Banana Half Cinnamon Apples w/Crunchy Topping |
| 16 | 17 | 18 | 19 | 20 |
| Swiss Style Gr. Beef Baked Potato Triple Salad Blushing Pears | Roast Turkey Potatoes/gravy Creamed Asparagus Strawberries OJ | Crunchy Pollock Sweet Potato Wedges Black Bean & Corn 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 |
| 23 | 24 | 25 | 26 | 27 |
| Pork Loin Chop Potatoes/Gravy Broccoli Raisin Salad Apple Crisp | Taco Salad Corn Salad Plums Royal Brownie Tomato Juice | Chicken Jambalaya Brussel Sprouts Apricots Pumpkin Custard | Liver & Onions or Beef Patty Mashed Potatoes and Gravy Mixed Vegetable WW Roll Mixed Fruit | Crunchy Baked Fish Parsley Potatoes Creamed Peas Fruit Cup with Dip |
| 30 | Each Meal Includes: | | | |
| Chicken Rice Casserole Beets or Layered Lettuce Hot Fruit Compote Chocolate Chip Bar OJ | * 1/3 of the Required Daily Amounts (RDA) for persons age 70+ *Milk * Condiments as appropriate * Sodium >800mg  | | |  <i>Amy Barnes MS RDN LDN</i> |