




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>