

# SENIOR LUNCH PROGRAM

All Meals are served  
with a choice of Skim

## April 2016

Sun	Mon	Tue	Wed	Thu	Fri	Sat
					1 Sliced Ham , Whipped Sweet potatoes, Lima Beans, Marble cake w/ frosting	2
3 	4 Beef Piccata, Baked Potato, Cheesy Broccoli & Cauliflower, Mandarin Or-	5 Veggie Lasagna, Caesar Salad w/ dressing, Straw- berries -topping	6 Beef Tips w/ gravy, Jefferson Noodles, Spinach, Fruit Crisp	7 Cheddar Baked Fish, Potato Fin- gers, Coleslaw, Peaches, P. Butter Cookie	8 Cranberry Glazed Pork, Yam Patties, Greens, Citrus Cup /Pound cake	9
10	11 Meatloaf, Mashed Pota- toes, Cheesy Spinach, Chocolate Brownie, Peach-	12 Maple Glazed Pork Chop, Cae- sar Salad w/ dressing, Fruit Cobbler	13 Chicken Rice Casserole, Corn O'Brien, Brussel Sprouts, Vanilla Pudding	14 BBQ Beef Plat- ter, Baked Beans, Greens , Peach Cobbler, Corn- bread	15 Teriyaki Chick- en, Brown Rice, Zucchini w/ onions, Poke Cake	16 
17	18 Crispy Baked Chicken Creamy Pasta Salad, Calico Coleslaw, Assorted Cake	19 Honey Glazed Turkey, Whipped Sweet potatoes, Cheesy Spinach, Peaches, Pound Cake	20 Beef King Cas- serole, Garden Salad/dressing Vegetable Medley, Hawaiian Cup	21 Oven Chicken, Chuckwagon Corn, Stewed Tomatoes, Fruit Cocktail , Cookie	22 Salisbury Steak, Mashed Potatoes w/gravy, Cheesy Broccoli and Cauli- flower, P.B. Cookie	23
24 	25 Lemon Pep- per Turkey, Sage Bread Dressing, Green Peas, Fruit Crisp	26 Cornflake Chicken, Del Monico Potatoes, Calico Coleslaw, Fruit, PB Cookie	27 Meat Sauce, Jefferson Noodles, Caesar Salad w/ dressing, Apricot & prunes stew	28 Turkey Cro- quette, Parmesan Potatoes, Confetti coleslaw, Fruit Trifle	29 Marinated Pork Roast, Baked Beans, Sweet & Sour Cabbage, Chocolate Cake	30

### Get to Know your Labels:

Ever wonder about what the numbers in the Nutrition Facts panel really means? Or, the difference between “reduced Fat” and “low fat”? The Food and Drugs Administration has strict guidelines on how food label terms can be used. To learn more about food labels, see “Shop Smart—Get the Facts on Food Label” at [www.eatright.org/nutritiontipsheet](http://www.eatright.org/nutritiontipsheet).

