





# SENIOR LUNCH MENU



April 2018



Monday	Tuesday	Wednesday	Thursday	Friday
2 Honey Glazed Turkey, Sweet Potatoes, Green Beans, Birthday Cake	3 Italian Meat sauce, Jefferson Noodles, Caesar Salad, Fruit Crisp	4 Lemmon Pepper Chicken w/gravy, Cheesy Spinach, Corn O'Brien, Fruit Trifle	5 Meat Lasagna, Tossed Salad w/ dressing, Berry Cup, Brownie	6 Maple Glazed Pork Chop, Potato Fingers, Cole-slaw, Fruit Cob- bler
9 Beef Piccata, Baked Potato, Cheesy Broccoli & Cauliflower, Fresh fruit	10 Spinach, Mush- room, Cheese La- sagna, Caesar Sal- ad w/dressing, Strawberries w/ topping	11 Beef Tips w/ mushroom gravy, Parsley Noodles, Stewed Tomatoes, Fruit Crisp	12 Cheddar Baked Fish, Potato Fingers, Confetti Coleslaw, Peaches, Chocolate Chip Cookie.	13 Cranberry Glazed Pork Roast, Yam Pat- ties, Greens, Cit- rus Cup/Pound Cake
16 Oven Fried Chicken, Chuck- wagon Corn, Stewed Tomatoes, Chocolate Cake/ Fruit	17 Crispy Baked Fish, Creamy Pas- ta Salad, Calico Coleslaw, Straw- berries/Pound Cake	18 Beefy King Casse- role , Tossed Salad w/ dressing, Peas/ Pea- nut Butter Cookie	19 Marinated Pork Roast, Pinto Beans, Sweet & Sour Cab- bage, Baked Apples/ Chocolate Cookie	20 Turkey Cro- quette, Parmesan Potatoes, Carrot Coins, Fruit Tri- fle
23 Meatloaf, Mashed Potatoes/ gravy, Cheesy Spinach, Fruit Crisp	24 Tuna Noodle Casserole, Tossed Salad w/dressing, Fruit Cobbler	25 Chicken Rice Cas- serole, Cauliflower w/ red peppers, Brussel Sprouts, Mandarin Oranges/Cake	26 BBQ Beef Platter, Black Eyed Peas, Sliced Zucchini, Peach Cobbler, Cornbread	27 Teriyaki Chicken, Brown Rice, Green Beans, Poke Cake
30 Lemon Pepper Turkey, Sage Bread Dressing, Green Peas, Fruit Crisp				

## Healthy Tip of the Month

Make Half your Plate Fruit and Vegetables:

Fruit and veggies add color, fiber and texture plus vita- mins, minerals and fiber to your plate. Make 2 cups of fruit and 2 1/2 cups of vegeta- bles your daily goal. Don't let cost stop you from enjoy- ing produce.

Frozen and canned are great alternatives.

See "20 Ways to Enjoy More Fruit and Vegetables" at [www.eatright.org/nutritiontipsheets](http://www.eatright.org/nutritiontipsheets).

All meals are served with Dinner Roll and 2% or Skim Milk

