



April Menu 2016




4/1	Fri	Enchilada Casserole	w/Ground Turkey, Cheddar/Jack Cheese, Pinto Beans, **Spinach Salad, Fresh Seasonal Fruit, *Orange Juice
4/4	Mon	Jamaican Jerk Chicken	Corn Bread, Green Peas, Mesclun Salad w/Romaine, *Fruit Salad Mandarin Orange, Pineapple, Cantaloupe
4/5	Tues	Stuffed Cabbage	Mixed Vegetables**, Tossed Green Salad, Whole Grain Bread, Banana, *Orange Juice
4/6	Wed	Dijon Gourmet Turkey <i>Vegetable Soup</i>	Bulgar Wheat, **Baked Yam, Green Beans, *Orange or Tangerine or Cantaloupe***
4/7	Thur	Baked Breaded Fish w/tartar sauce <i>Tomato Soup</i>	*Coleslaw, Saute Spinach**, Whole Grain Bread, **Unsweetened Apricots
4/8	Fri	Hawaiian Chicken	Brown Rice, Broccoli, Mixed Green Salad, *Fruited Gelatin w/Mandarin Orange
4/11	Mon	Salisbury Steak	Rosemary Mashed Potatoes, Mixed Vegetables**, Whole Grain Bread, Fresh Fruit in Season, *Orange Juice
4/12	Tues	Turkey Bolognese w/Penne Pasta	***Spinach Salad w/Shredded Cabbage & Mandarin Orange, Zucchini w/Mushrooms, Oatmeal Cookie
4/13	Wed	Rotisserie Chicken <i>Bean Soup</i>	Steamed Herb Brown Rice, Harvard Beets, Broccoli, *Fresh Fruit Cup Pineapple, Orange and Melon
4/14	Thur	BBQ Beef	Wheat Bun, Mixed Green Salad, Gingered Carrots**, Tapioca Pudding, *Orange Juice
4/15	Fri	Vegetarian Chili	Corn Bread w/Corn, Assorted Salad Greens w/ Carrot, Apple & Celery, Green Beans, *Orange or Tangerines

* Meets Vitamin C requirement, **Meets Vitamin A requirement for Department of Aging. Lunch meets 1/3 requirement for the Recommended Daily Allowance.

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4/18 Mon	Chicken Carnitas <i>Corn Chowder Soup</i>	Cilantro Rice, ***Cabbage, Tomato & Onion Salad, Black Beans, Flan
4/19 Tues	Baked Breaded Fish <i>Lentil Soup</i>	Whole Grain Bread, **Carrot Raisin Salad, **Broccoli, Fruit Salad* Mandarin Orange, Pineapple, Cantaloupe
4/20 Wed	Beef Tomato Casserole	Brown Rice Vegetable Pilaf, Green Salad w/Cucumber, Lettuce, Cilantro, Corn, Banana, *Orange Juice
4/21 Thur	Swedish Meatballs	Green Beans, **Baked Whole Fresh Yams, Whole Grain Bread, *Orange, Tangerine, or Cantaloupe***
4/22 Fri	Passover Menu- Herb Roast Chicken	w/ Chicken Soup , Matzoh, Carrot Tzimmes**, Pineapple Slaw* , Red Grapes
		
4/25 Mon	Beef Stew	Mixed Green Salad, **Carrots, Whole Grain Bread, Fruit Salad* Mandarin Orange, Pineapple, Cantaloupe
4/26 Tues	Chicken Cacciatore <i>Minestrone Soup</i>	Whole Wheat Pasta, ***Spinach Salad w/Shredded Cabbage & Mandarin Orange, Green Beans w/Olive Oil, Fresh Pear or Peach or Unsweetened Canned
4/27 Wed	Roasted Turkey w/Low Sodium Gravy	Sage Stuffing, **Whipped Squash or Yams, Cauliflower & Peas, *Orange or Tangerine
4/28 Thur	Chicken & Broccoli Casserole <i>Vegetable Bean Soup</i>	Vegetable Bulgur Pilaf, Mesclun Salad w/Romaine, *Fruited Gelatin w/Pineapple & Mandarin
4/29 Fri	Sloppy Joe	Wheat Bun, *Red & Green Coleslaw, Potato Salad, Chocolate Pudding



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