



# April 2017

## Senior Wellness and Nutrition Program Menu



Happy Easter!  
4/16/17

**\*Reservations and cancellations must be made 24 hours in advance to the Site Manager\***

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY



*"It's spring fever. That is what the name of it is. And when you've got it, you want - oh, you don't quite know what it is you do want, but it just fairly makes your heart ache, you want it so!"*

- Mark Twain



3	<b>Italian Chicken</b> Buttered Noodles Spinach 12 Grain Bread Pears	4	<b>Vegetable Lasagna w/ Alfredo Sauce</b> Capri Blend Veggies. Wheat Roll Fresh Orange	5	<b>Sloppy Joe on a Bun</b> Potato Wedges Chuckwagon Corn Fruit Cocktail	6	<b>Hot Turkey Sandwich on Wheat Bread w/Gravy</b> Hubbard Squash Cranberry Juice Butterscotch Pudding	7	<b>Four Cheese Pasta</b> Tossed Salad w/ Dressing Italian Bread Mandarin Oranges
10	<b>Breaded Chicken Breast</b> Cheesy Potatoes Glazed Carrots Rye Bread Peaches	11	<b>Turkey Tetrazzini</b> Green Beans Wheat Bread Apricots	12	<b>Salisbury Steak w/ Gravy</b> Mashed Potatoes Beets 12 Grain Bread Fresh Banana	13	<b>Easter Dinner Pineapple Glazed Ham</b> Sweet Potato Cass. Capri Blend Veggies. Cranberry Juice Pull Apart Roll Boston Cream Pie	14	<b>Potato Crusted Cod</b> Potato Wedges Coleslaw Wheat Bread Baked Apples
17	<b>Polish Sausage</b> Mashed Potatoes Sauerkraut Rye Bread Cinnamon Applesauce	18	<b>Goulash</b> Green Beans 12 Grain Bread Grape Juice Peanut Butter Cookie	19	<b>Chicken &amp; Gravy over Biscuit</b> Mixed Vegetables Fruit Cocktail	20	<b>Quarterly Birthday Dinner Meatloaf</b> Mashed Potatoes w/Gravy Corn Fruit Punch Dinner Roll Cake & Ice Cream	21	<b>Tuna Burger w/Cheese on a Bun</b> Peas & Carrots Fresh Orange
24	<b>Spaghetti &amp; Meatballs</b> Italian Blend Vegetables Garlic Bread Mandarin Oranges	25	<b>Scampi Baked Fish</b> Steamed Rice Roasted Brussel Sprouts 12 Grain Bread Tropical Fruit Salad	26	<b>Apple Spiced Pork Roast</b> Baked Potato w/ Sour Cream Prince Edward Veg. Apple Juice Wheat Bread Cherry Crisp	27	<b>Macaroni &amp; Cheese</b> Stewed Tomatoes Wheat Roll Peaches	28	<b>Sliced Hot Roast Beef on Kaiser Roll w/ Horseradish Sauce</b> Broccoli Cheese Soup Fruited Jello w/ Topping

All meals are served with 1/2 pint milk and margarine.

**Menus are subject to change without notification.**

**ATTENTION:**

**Meals on Wheels Participants - Please call if you will NOT be home for your meal delivery.**