NUTRITION AND SERVICES FOR SENIORS
APRIL 2019

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
April 1 *5	April 2 *5	April 3 *5	April 4 *6	April 5 *5
Beef Stroganoff w/Noodles Zucchini Roll Orange Slices Juice 	Chicken Strips w/ Honey Mustard California Blend Vegetables Wheat Bread Diced Peaches Milk NAT'L FERRET DAY	Meatloaf w/Gravy Mashed Potatoes Broccoli Cornbread Yogurt Juice NATIONAL WALKING DAY	Chicken & Dumplings Peas & Carrots Garden Salad w/Ranch Dressing Roll Vanilla Pudding Milk BALLROOM DANCING DAY	Seafood Salad Corn Relish Salad Tomato,Cucumber & Onion Crackers Blueberry Muffin Juice GOLD STAR SPOUSES DAY
April 8 *5	April 9 *5	April 10 *4	April 11 *7	April 12 *6
Beef Stew Brown Rice Yellow Squash Roll Jello w/Pineapple Juice STRAW HAT MONTH	Chicken Fajitas w/Peppers & Onions Pinto Beans Spanish Rice Tortilla Fruit Cup Milk NATIONAL FROG MONTH	Baked Ranch Chicken Capri Blend Vegetables Roll Chocolate Pudding Juice 	Baked Potato w/BBQ Beef Cheese Baked Beans Cole Slaw Spiced Peaches Milk DANDELION DAY	Baked Fish w/Yvette Sauce Brown Rice Turnip Greens Roll Chocolate Chip Cookie Juice SOUTHERN BELLES MONTH
April 15 *5	April 16 *5	April 17 *6	April 18	19-Apr
Chicken Spaghetti Steamed Baby Carrots Roll Cinnamon Apples Juice INCOME TAX PAY DAY	Chicken Divan Brown Rice Roll Peach Cobbler Milk 	Cabbage Roll Carrots Cornbread Yogurt Juice DAFFY DUCK BIRTHDAY	Ham Green Beans Mashed Potatoes Roll Banana Pudding Cup Milk INT'L JUGGLERS' DAY	CLOSED CLOSED
April 22 *5	April 23 *5	April 24 *5	April 25 *6	April 26 *4
Swiss Steak w/Peppers & Onions Mashed Potatoes Zucchini Roll Diced Peaches Juice 	Beef Broccoli Stir Fry Brown Rice Carrots Roll Chocolate Fluff Milk 	Dirty Rice w/Beef Green Beans Yellow Squash Ambrosia Juice 	Pizza Casserole Broccoli Garlic Toast Green Salad w/ Italian Dressing Cinnamon Apples Milk 	Chicken Salad Greek Pasta Salad Cucumber & Onion Salad Crackers Fruit Cup Juice YOUR FIRST KISS DAY
April 29 *5	April 30 *5		CARENET	CARENET
Pork Tips w/Gravy Brown Rice Okra & Tomatoes Roll Applesauce Juice NATIONAL PUPPETRY DAY	Chicken Florentine w/Linguine Italian Mixed Vegetables Stewed Tomatoes Lemon Pudding Milk BUGS BUNNY ANNIV DEBUT		AVAILABLE NOW Nutrition and Services For Seniors Emergency Response Systems Contact Lottie @ 892-4455 Or 722-7782 Only $30.00 per Month	

MILK OR JUICE SERVED WITH EACH MEAL
SUBSTITUTIONS MAY BE MADE DUE TO DELIVERY OF PRODUCTS

*** INDICATES CARB EXCHANGES**