

APRIL MENU 2019

NO ELIGIBLE PARTICIPANT WILL BE DENIED A SERVICE BECAUSE OF HIS/HER INABILITY OR FAILURE TO CONTRIBUTE TO THE COST OF A MEAL.

SUN	MON	TUE	WED	THU	FRI	SAT	
	1 Roasted Beef-Round Creamier Mashed Potatoes Broccoli Pineapple WW Bread	2 Seasoned Pinto Beans Onions Green Beans Mandarin Oranges Baked Custard Cornbread	3 Seasoned Oven Baked Chicken Long Grain Brown Rice Spinach Mixed Fruit Salad Fruit Salad Dressing WW Bread	4 Baked Flounder w/ Lemon Sauce Springtime Pasta Salad Stewed Tomatoes Grapes WW Bread	5 Vegetable Cottage Cheese Salad Baked Potatoes Spiced Peaches WW Biscuit	6	
7	8 Spaghetti and Meat Sauce w/ Ground Turkey Tossed Green Salad Italian Dressing Pear Halves WW Garlic Toast	9 Lighter Chicken Salad WW Bread Cream of Spinach Soup Watermelon	10 Tasty Meat Loaf Scalloped Potatoes w/ Parsley Broccoli Purple Plums WW Bread	11 Seasoned Baby Lima Beans Cornbread Cucumber and Onions in Sour Cream Dressing Peachy Crisp	12 Skinless BBQ Chicken Dilly Potato Salad Green Beans Pineapple WW Bread	13	
14	15 Salmon Patty Parsley Noodles Mixed Field Greens Italian Dressing Orange WW Bread	16 Breaded Pork Chops Oven Browned Potatoes Broccoli Fruit Cocktail WW Bread	17 Roast Turkey Breast Cornbread Stuffing Green Beans Cantaloupe WW Bread	18 <i>Easter Feast</i> Chicken Italiano Pasta w/ Mushrooms Buttered Carrots Fruit Medley WW Bread	19 NO LUNCH Dining Room will be closed for our: Annual Compassionate Caregiver Conference. Business offices and Exercise room will be open.	20	
21 Happy Easter! 	22 Chicken Italiano Spaghetti w/ Marinara Sauce Fresh Yellow Squash Pear WW Bread	23 Savory Black Beans Devilled Eggs Tossed Green Salad Italian Dressing Strawberries Cornbread	24 Salisbury Steak/ Brown Gravy Brown Gravy for Beef Long Grain Brown Rice Green Peas Orange Sections WW Bread	25 Lean 'n' Light Lasagna Spinach Mushroom Salad WW Garlic Toast Applesauce	26 Oven Fried Fish Savory Boiled Potatoes Buttered Carrots Stewed Prunes WW Bread	27 DRUG TAKE BACK 10:00am-2:00pm	
28	29 Baked Steak w/ Peppers and Onions Cooked Rice Sweet Corn Fruit Medley WW Bread	30 Roast Chicken Cauliflower Polanese Marinated Green Beans Apricot Halves WW Bread	Milk served with all meals. Menu subject to change due to availability of foods. Project Title: Raleigh County Commission on Aging, Inc. Sites: Manor House, Wildwood, Coal City & Glen Daniel Approved by: _____ Executive (Assistant) Director				