



AGING & DISABILITY RESOURCE CENTER

April 2024

| Monday | Tuesday | Wednesday | Thursday | Friday |
|---|---|---|--|--|
| <p>1</p> <p>Baked Fish Rye Bread Roasted Potatoes Brussels Sprouts Apricots Fruit & Cereal Bar</p> | <p>2</p> <p>Sloppy Joe BBQ Black Beans Carrot Salad Fresh Seasonal Fruit Fig Newton Cookies</p> | <p>3</p> <p>BBQ Chicken Breast Whole Wheat Bread Au Gratin Potatoes Peas Cinnamon Applesauce</p> | <p>4</p> <p>Vegetable Soup Chicken Apple Walnut Salad on a Croissant Broccoli Vinaigrette Tropical Fruit Yogurt</p> | <p>5</p> <p>Country Meatloaf w/ Gravy Whole Grain Dinner Roll Mashed Potatoes Carrots Peaches & Strawberries Fudge Brownie</p> |
| <p>8</p> <p>Hot Dog on a Bun Tater Tots Baked Beans Cherry Tomatoes w/ Ranch Lorna Doone Shortbread Cookies</p> | <p>9</p> <p>Sausage & Egg Breakfast Sandwich Hash Browns Warm Spiced Peaches Fruit Juice Granola Bar</p> | <p>10</p> <p>Chicken Alfredo Whole Grain Dinner Roll Carrots Mixed Fruit Oatmeal Raisin Cookie</p> | <p>11</p> <p>Chef's Salad Apple Cinnamon Muffin w/ Apple Jelly Banana Pudding</p> | <p>12</p> <p>Chicken Fajitas Cilantro Lime Brown Rice Mexican Coleslaw Mandarin Oranges</p> |
| <p>15</p> <p>Swedish Meatballs Whole Wheat Dinner Roll Whole Wheat Pasta Broccoli Mixed Fruit</p> | <p>16</p> <p>Hearty Minestrone Soup Seafood Salad Sandwich Lettuce & Tomato Garden Salad Fruited Gelatin</p> | <p>17</p> <p>Roast Beef w/ Gravy Whole Grain Dinner Roll Mashed Potatoes Glazed Carrots Mixed Berries</p> | <p>18</p> <p>Sweet & Sour Chicken Stir Fry Whole Grain Dinner Roll Vegetable Fried Rice Green Beans Pineapple & Mandarin Oranges Lemon Cookies</p> | <p>19</p> <p>Glazed Ham Whole Wheat Bread Baked Beans Cucumber & Onion Salad Blueberry Pie</p> |
| <p>22</p> <p>Pasta w/ Meat Sauce Garlic Herb Breadstick Italian Vegetable Blend Garden Salad Fresh Seasonal Fruit</p> | <p>23</p> <p>Seasoned Chicken Breast Whole Grain Dinner Roll BBQ Black Beans Roasted Corn Mandarin Oranges Chocolate Chip Cookies</p> | <p>24</p> <p>Hamburger Lettuce & Tomatoes Roasted Potatoes Carrots Rice Crispy Bar</p> | <p>25</p> <p>Citrus Herb Pork Chop Whole Wheat Bread Maple Mashed Sweet Potatoes Creamy Coleslaw Fudge Brownies</p> | <p>26</p> <p>Cod Sandwich Tater Tots Irish Vegetable Blend Mixed Fruit & Cottage Cheese</p> |
| <p>29</p> <p>BBQ Shredded Pork Sandwich Rice w/ Broccoli & Cheese Sauce Garden Salad Diced Pears</p> | <p>30</p> <p>Hot Ham & Swiss Croissant Parsley Red Potatoes Carrots Coleslaw Vinaigrette Oatmeal Cookies</p> |  | | <p>Suggested Contribution: \$5/meal.</p> <p>Please pay as much as you can afford. We rely on donations to keep the program going.</p> |

All Meals are Served with 1% Milk | Due to circumstances beyond our control, menu changes may occur from time to time.

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