



AGING & DISABILITY RESOURCE CENTER

April 2024

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