





APRIL 2024 MENU



APRIL 1ST	APRIL 2ND	APRIL 3RD	APRIL 4TH	APRIL 5TH
Spaghetti w/Meat Sauce (turkey) Broccoli & Green Beans Mesclun Salad w/Italian Dressing Fresh Pear or Peach Orange Juice NF or LF Milk *LS Tuscan Vegetable Soup	Mediterranean Chicken Breast Roasted Vegetables LS Lentil Salad w/cucumbers Vinagarette Dressing Cantaloupe or Tangerine Brown Rice Pilaf & Pita Bread NF or LF Milk	LS Roast Turkey Breast LS Gravy , Whole Grain Stuffing Cranberry Sauce , Butternut Squash Green Peas w/mushrooms Kiwi or Orange Lemon Pudding NF or LF Milk	Tuna Nicoise Salad (cold) or Baked Fish w/Dijon sauce Herbed Potato Salad or Roasted Potatoes, Cauliflower Creamy Coleslaw Fresh Apple Whole Grain Roll NF or LF Milk *LS Corn Chowder	Beef Fajita w/Peppers & Onion LS Pinto Beans Tossed Green Salad Pineapple & Mango Fruit Cup Spanish Brown Rice Warm Flour Tortilla NF or LF Milk
APRIL 8TH	APRIL 9TH-Alzheimer's Healthy Brain Foods	APRIL 10TH	APRIL 11TH	APRIL 12TH
Chicken Dijon (leg & thigh) w/sauce Rosemary Mashed Potatoes & Carrots Chopped Salad w/kale, lettuce,cucumber Fresh Seasonal Fruit Whole Grain Roll NF or LF Milk *LS Tomato Basil Soup	Stuffed Bell Pepper w/Ground Turkey Mixed Vegetables, Barley St  Green Beans Romaine Salad w/Tomato & Dressing Apple, Dinner Roll Red Gelatin Cubes w/Yogurt NF or LF Milk, Orange Juice	Vegetable Frittata w/Mushrooms, Onions, Potatoes,&Cheese Garnish Lima Beans & Corn Spinach,Shredded Cabbage, & Brussell Sprout Salad Pear or Nectarine Whole Grain Roll NF or LF Milk	Korean BBQ Beef w/BBQ sauce Sauted Zucchini w/sesame seeds Broccoli Salad w/sliced radish Pineapple Herbed Brown Rice NF or LF Milk	Fish & Chips w/tartar sauce Roasted Sweet Potato Wedges Peas & Carrots, Coleslaw Banana or Grapes Whole Grain Roll NF or LF Milk *LS Lentil Soup
APRIL 15TH	APRIL 16TH	APRIL 17TH	APRIL 18TH	APRIL 19TH
Turkey or Tofu Stir Fry w/Mixed Asian Vegetable Blend Cabbage, Cucumber, & Radish Salad Poached Pear Brown Rice NF or LF Milk Tapioca Pudding	Meatloaf w/LS Gravy Garlic Mashed Potatoes Green Beans, WG Pasta w/LS Sauce Cantaloupe or Orange NF or LF Milk *LS Minestrone Soup	Caribbean Chicken w/LS Black Beans Broccoli Carrot, Bell Pepper, Celery Salad Fresh Fruit Brown Rice Pilaf NF or LF Milk	Fish Taco w/LS Sauce LS Pinto Beans and Corn Chopped Mixed Salad w/Romaine, Kale, & Ranch Dressing Fresh Peach or Plum Warm Corn Tortilla NF or LF Milk * LS Butternut or Pumpkin Soup	Beef Bolognese w/Penne Pasta Herbed Zucchini & Yellow Squash Cauliflower Caesar Salad w/Caesar Dressing Fruit Cup Whole Grain Roll NF or LF Milk
APRIL 22ND	APRIL 23RD	APRIL 24TH	APRIL 25TH	APRIL 26TH
Southwest Shredded Chicken w/LS Sauce & Cheese Garnish Pinto or Black Beans Spinach Salad w/Kale, Bell Pepper, Cucumber, & Dressing Banana Whole Grain Roll NF or LF Milk	Shepard's Pie w/ground turkey & mashed potatoes Corn and Carrots Mixed Green Salad French Dressing Orange or Kiwi Whole Grain Roll NF or LF Milk	Baked Fish Almondine w/LS Sauce Green Beans w/Herbs Coleslaw w/Bell Pepper Barley w/Herbs Fruit and Yogurt Parfait NF or LF Milk *LS Mushroom Soup	Chicken Adobo w/sauce Green Peas Mesclun Salad w/garbanzo beans Ranch Dressing Pineapple & Mango Fruit Cup Brown Rice NF or LF Milk	Garden Vegetable Lasagna w/WG noodle, Tofu, Beans, Ricotta LS Tomato Sauce, Zucchini,Mushroom Broccoli, Italian Blend Vegetables Caesar Salad w/Caesar Dressing Cantaloupe or Orange NF or LF Milk, Orange Juice
APRIL 29TH	APRIL 30TH			
Baked Pollock w/Lemon Sauce or Spinach Quiche w/mushrooms Mixed Vegetables and Broccoli Salad Cinnamon Applesauce Brown Rice Pilaf & Whole Grain Roll NF or LF Milk *LS Chicken Soup	Cashew Chicken w/Sauce Green Peas w/mushrooms Beet & Mardarin Orange Salad Fresh Seasonal Fruit Lo Mein Noodles Whole Grain Roll NF or LF Milk			

all menu items subject to change or substitution

*Depending on availability