


# April 2023

## SERVING SIZES

Grains – 2 ounces  
 Vegetables – ½ cup  
 Fruits – ½ cup  
 Protein – 3 ounces  
 Dairy – 1 cup

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>3            Tomato soup            Pub burger w/ cheese            Sliced roasted potatoes            Cole slaw            Whole Wheat roll            Fruit            Chicken salad plate</p>	<p>4            Mushroom barley soup            Chicken marsala            Spanish rice            Green beans            Sliced bread            Jello            Turkey &amp; Swiss on rye</p>	<p>5            Tossed salad            Baked pasta Florentine            Roasted zucchini w/carrots            Multi grain bread            Mixed fruit            Cobb salad</p>	<p>6            Chicken escarole soup            Baked ham w/raisin sauce            Mashed potato            Peas &amp; carrots            Snowflake roll            Rice pie            Ham &amp; cheese on rye</p>	<p>7            Lentil soup            Stuffed fillet of sole            Rice pilaf            Mixed vegetables            Sliced ww bread            Fruit            Romain salad w/chicken</p>
<p>10            Minestrone soup            Meatball sandwich            Mediterranean salad            Multi grain roll            Pudding            Chef salad</p>	<p>11            Tomato Soup            Sauteed chicken breast            w/mushrooms &amp; tomatoes            Green beans            Sweet potato            Fruit            Sliced multi grain bread            Salami, ham &amp; cheese / wheat roll</p>	<p>12            Cream of broccoli soup            Honey garlic pork chop            Rice pilaf w/ mushrooms            Mixed vegetables            Roll            Oatmeal raisin cookie            Romain salad w/chicken</p>	<p>13            Chicken soup            Pot roast            Au gratin potatoes            Baby carrots            Roll            Cookie            Han, cheese &amp; turkey on wheat</p>	<p>14            Pasta &amp; bean soup            Chicken cacciatore            Green bean salad            Roasted potato            Sliced bread            Fruit            Egg salad sandwich</p>
<p>17            Lentil soup            Beef Stroganoff            Mashed potatoes            Peas &amp; carrots            Roll (whole wheat)            Chocolate chip cookie            Chef salad</p>	<p>18            Escarole bean &amp; sausage soup            Stuffed shell w/meatball            Garlic bread            Italian mixed vegetables            Mixed fruit            Chicken sandwich on wheat roll</p>	<p>19            Split pea soup            German pork cutlet            Potato salad            German green beans            Whole Wheat roll - cookie            Turkey &amp; Swiss/whole wheat</p>	<p>20            Vegetable soup            Meatloaf w gravy            Potatoes wedges            Mixed vegetables - roll            Fruit            Spinach salad w/ chicken</p>	<p>21            Kale &amp; bean soup            Balsamic glazed chicken thighs            Roasted broccoli &amp; carrots            Rice pilaf / roll            Fruit salad            Tuna salad plate</p>
<p>24            Beef Barley soup            Tossed salad            Chicken, sausage, peppers &amp;            potatoes            Roll            cake            Cobb salad</p>	<p>25            Chicken soup            Sloppy joe            Cole slaw            Potato chips            Pudding            Roll            Egg salad on multi grain roll</p>	<p>26            Tomato soup            Pepper steak            Rice pilaf            Zucchini &amp; carrots            Fresh fruit            Multi grain bread            Seafood salad plate</p>	<p>27            Minestrone Soup            BBQ spareribs            Baked beans            Pasta salad            Whole Wheat -/Ww roll            Chicken salad sandwich</p>	<p>28            Portuguese kale soup            Honey glazed chicken            Rice pilaf w/peas            Zesty garlic green beans            Sliced bread / Jello            Roast beef sandwich</p>
	<p><b>\$3.00</b>  <b>Suggested Donation</b>            Please call our Dining room            24 hours in advance</p>	<p>All menu items may contain nuts, seeds, beans,            wheat bran, and other allergens</p>		<p>.</p>

