

ELDERS LUNCH MENU

April 2023

Monday 3	Tuesday 4	Wednesday 5	Thursday 6	Friday 7
Beef Taco Salad w/ ww Tortilla Chips Fiesta Vegetable Blend Pineapple	Curry Chicken Brown Rice Fresh Fruit Brussel Sprouts	Glazed Ham Mac and Cheese Green Beans Applesauce	Crispy Fish Sticks w/tartar sauce Mixed veggies Pears	Smokey Chicken Tortilla Soup Tropical Carrot Salad Carrot Sticks
Monday 10	Tuesday 11	Wednesday 12	Thursday 13	Friday 14
Beef Stew w/carrots celery and potato Apples Green Salad	BBQ Pork Tips Brown Rice Cauliflower Grapes	Sloppy Joes on ww bun Sweet Potato Fries Oranges	Creamy Chicken Enchilada Casserole Broccoli Mandarin Oranges Green Salad w/ Spinach	Roast Beef on ww sourdough Corn Chowder Green Salad
Monday 17	Tuesday 18	Wednesday 19	Thursday 20	Friday 21
Szechwan-Style Chicken on brown rice Oriental Veggies Mandarin Oranges	Cider-Braised Pork Loin Mashed Potato Peaches	Ww Grandma Pizza w/ veggies and Pepperoni Caesar Salad Fruit cocktail	Lemon Herb Salmon w/ broccoli and tomato Ww Pasta Grapes	Chicken Nuggets Tater Tots Apple Slices Banana
Monday 24	Tuesday 25	Wednesday 26	Thursday 27	Friday 29
Pork Pot Roast w/ Carrots and Parsnips Mango Green Salad	Mini Meat Loaves w/Green Beans and Potato bake Morning Blend Fruit	Chicken Cacciatore WW Spaghetti Asparagus Oranges	Huevos Rancheros Taco w/avocado and Pico de Gallo Corn Watermelon	Curried Chicken- Apple Wraps Barley Summer Salad 3 Berry Parfait
Monday 30	Tuesday	Wednesday	Thursday	Friday
Turkey thigh in a creamy mustard sauce Waldorf salad Broccoli	Shredded Pork Burrito Bowls Shredded Veggie Slaw Fruit Salad	Hawaiian Chicken Fried Rice Oriental Veggies Mango	Sloppy joe slider bake French Fries Green Beans Watermelon	Chinese-Style Glazed Pork Tenderloin Brown Rice Cali Blend Veggies Grapes

**WW- Whole Wheat w/ - with

Menu Created on 3/21/2023: by Gina Williams

Approved by Dawn Travelstead, RD: 3/26/23

4/18: add veggie. 4/21: 2 fruits, take 1 away add maybe coleslaw?

Menu Subject to change