

April 2019 Menu

Milk and beverages served daily.

Meals Prepared by: Blair Senior Services, Inc.
Registered Dietician: Linda M. Petrunak, RD, LDN

Monday	Tuesday	Wednesday	Thursday	Friday
1 Rigatoni with Meat Sauce & Mozzarella Cheese Yellow Beans Pineapple with Whipped Topping Bread Stick	2 Buttermilk Pancakes Sausage Patty Pancake Syrup Hash Brown Wedge Orange Juice	3 Roast Beef with Gravy Mashed Potatoes Honey Glazed Carrots Broccoli & Cauliflower Ranch Dip Whole Wheat Roll	4 Chicken Verona Pasta Shells & Spaghetti Sauce Roasted Brussels Sprouts Applesauce Cranberry Juice Dinner Roll	5 Tater Crusted Fish Hushpuppies 5-Mix Vegetables Tossed Salad with Dressing Sugar Cookie
8 Chili Cauliflower with Cheddar Cheese Fruit Cocktail Corn Chips	9 Roast Pork with Gravy Sweet Potatoes Peas & Pearl Onions Apple Juice Granola Bar Whole Wheat Bread	10 Chicken Tenders with Gravy Mashed Potatoes Mexicorn Tossed Salad with Italian Herb Dressing Pears in Lime Jello Whole Wheat Bread	11 Swiss Steak with Tomatoes & Onions Baked Potato Mandarin Oranges Oatmeal Raisin Cookie	12 Tuna Noodle Casserole Three Bean Medley Cole Slaw Peach Crisp
15 Pizza Burger on a Bun Mixed Vegetables Sweet & Sour Baked Beans Apricot Halves	16 Kielbasa Pierogies Sauteed Spinach Mandarin Oranges Strawberry Mousse	17 Chef Salad with Dressing Pears Whole Wheat Roll	18 Baked Ham Mashed Sweet Potatoes Fiesta Broccoli Pineapple Pumpkin Pie	19 GOOD FRIDAY AGENCY CLOSED
22 Meatloaf Baked Potato Peas & Pearl Onions Applesauce Whole Wheat Roll	23 Chicken Provolone Linguini & Spaghetti Sauce Carrots Pineapple Orange Juice Oatmeal Cookie Whole Wheat Roll	24 Roast Pork with Gravy Stuffing Broccoli Seasonal Berries Dinner Roll	25 Stuffed Pepper Tri-Color Pasta Spirals Mozzarella Cheese French Green Beans & Mushrooms Peach Crisp	26 Vegetable Quiche Stewed Tomatoes Hash Brown Wedge Mini Bagel with Jelly
29 Spaghetti with Meat Sauce Lima Beans Roasted Cauliflower Tossed Salad with Italian Dressing Apple Crisp	30 Baked Ham Scalloped Potatoes Steamed Shredded Cabbage Fruit Salad Whole Wheat Roll			