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April 2024

Suggested donation \$3/meal

Menu subject to change

Low fat milk (12) is provided with each meal.
Number in parentheses
represent carbohydrate count.

Please call 24 hours in advance to reserve a meal 801-769-8625

Monday	Tuesday	Wednesday	Thursday	Friday	
1 Malibu Chicken with Honey Mustard Sauce (08) Au Gratin Potatoes (22) Seasoned Green Beans (02) Fresh Baked Roll (16) Fruit Cocktail (08)	2 Swedish Meatballs (39) Rice (21) Broccoli (04) Orange (22) Fresh Baked Roll (16) Cookie Bar (18)	3 Smoked Ham and White Beans (03) Braised Cabbage (03) Sweetened Apple Sauce (14) Corn Bread (28)	4 Kalua Pork (00) Hawaiian Rice (25) Black Beans (14) Pineapple Tidbits (07) Fresh Baked Roll (15)	5 Grilled Hamburgers with Fresh Baked Bun (15) Lettuce, Tomato, Pickles (02) Potato Salad (19) Apple Sauce (14) Pork and Beans (25)	
8 Sweet and Sour Chicken (30) Steamed White Rice (21) Stir Fried Vegetables (12) Fresh Apple (12) Fortune Cookie (24)	9 Egg, Sausage, and Cheese Breakfast Burrito (16) Tater Tots (18) Salsa (02) Apple Crisp (67)	10 Roast Turkey Breast (03) Garlic Mashed Potatoes & Turkey Gravy (25) Green Beans (02) Fresh Baked Roll (15) Fruit Cocktail (08)	11 Cheesy Italian Sausage Pasta Bake (25) Broccoli (06) Fresh Garlic Roll (15) Applesauce (19) Cookie Bar (23)	12 Beef Taco Salad 5 Black Beans with Cheese (20) Green Salad (02) Salsa (02) Ranch (02) Apple Sauce (14) Tortilla Chips (18)	
15 Teriyaki Beef Bowl (8) Steamed Brown Rice (21) Fresh Broccoli (04) Pineapple (14) Fresh Baked Roll (15)	16 Savory Chicken Salad Wrap (18) Italian Pasta Salad (20) Kosher Pickle Spears (00) Diced Peaches (19)	17 Oven Roasted Pork (00) Loaded Mashed Potato (15) Seasoned Diced Beets (06) Orange (19) Fresh Baked Roll (16) Cookie Bar (18)	18 Fish Filets with Tartar Sauce (15) Potato Wedges (18) Mixed Vegetables (12) Fresh Orange (12) Fresh Baked Roll (16)	19 Shepherd's Pie (79) Diced Carrots (06) Pears (12) Garden Green Salad (02) Chocolate Brownie (23)	
22 Country Fried Steak (4) Mashed Potatoes & Gravy (27) Mixed Vegetables (12) Fresh Baked Roll (15) Orange (22)	23 Hawaiian Haystacks Creamed Chicken over White Rice (30) Green Peas (11) Pineapple Tidbits (07) Coconut Flakes, Cheese, Chow Mein Noodles, Diced Tomato, Diced Celery (24)	24 Homemade Meatloaf (3) Garlic Mashed Potatoes & Gravy (30) Roasted Corn (14) Fresh Baked Roll (15) Navel Orange (22)	25 Cold Cut Subs Honey Cured Ham, Roasted Turkey with Provolone Cheese, Lettuce, Tomato (15) Potato Chips (14) Jell-O with Fruit Cocktail (13)	26 BBQ Chicken (03) Au Gratin Potato (19) Seasoned Green Beans (02) Diced Peaches (19) Fresh Baked Roll (16)	
29 Salisbury Steak (05) Garlic Mashed Potatoes and Gravy (26) Fruit Fluff with Cottage Cheese (28) Green Beans (02) Fresh Baked Roll (15)	30 BBQ Pulled Pork (00) Au Gratin Potato (19) Coleslaw (07) Jell-O Fruit Cup (09) Fresh Baked Roll (16)	Alternate Meal Schedule (Senior Center Lunches Only) <u>Turkey Sandwich with Soup:</u> Apr 8-9 Cream of Potato Apr 22-23 Chicken Noodle Apr 10-12 Vegetable Beef Apr 24-26 Cream of Broccoli			<u>Salad:</u> Apr 1-5 Apr 15-19 Apr 29-30