

## Senior Nutrition Program April 2019

<b>Monday</b>	<b>Tuesday</b>	<b>Wednesday</b>	<b>Thursday</b>	<b>Friday</b>
1 Cream of Broccoli Soup Grilled Cheddar Cheese Sandwich Mixed Green Salad Fresh Fruit	2 Turkey, Veggie & Cream Cheese Wrap Tomato Bisque Soup Tropical Fruit Salad	3 Red Thai Beef & Veggie Curry Brown Rice Peas Mandarin Oranges	4 Breakfast Burrito Casserole & Salsa Spiced Black Beans with Red Peppers Fresh Fruit	5 Chicken Breast & Swiss Burger Summer Slaw Homemade Oven Fries Fresh Fruit
8 Cheese Tortellini with Meat Sauce Green Beans Fresh Fruit Garlic Bread	9 Wild Salmon with Pesto Cream Sauce Grilled Zucchini & Cauliflower Tropical Fruit Salad Dinner Roll	10  SITE CHOICE	11 Garden Burger w/Cheese, Sautéed Onions & Mushrooms Sweet Potato Fries Fresh Apples Slices	12 Beef Taco Casserole Refried Beans w/Fresh Cilantro Spiced Peaches
15 Herbed Chicken Rice Pilaf Peas & Carrots Fresh Oranges	16  SITE CHOICE	17 Tilapia with Orange & Herb Sauce Wild Rice Blend Carrot Raisin Salad Fresh Fruit	18 Veggie Lasagna Fresh Spinach Salad Spiced Pears Garlic Bread	19 Hearty Bean Soup Cheesy Cornbread Mixed Green Salad Fresh Fruit
22 Beef & Mushroom Marsala over Linguini Green Beans Baked Spiced Pears	23 Tuna Salad on Fresh Spinach Spiced Peaches Dinner Roll	24 Country Fried Steak Home Made Mashed Potatoes & gravy Mixed Vegetables Fresh Fruit	25 Whole Grain Pancakes w/Berry Compote Roasted Potatoes w/Peppers & Onions Turkey Sausage	26 BBQ Chicken German Potato Salad Mixed Green Salad Apple Crisp
29 Chicken Caesar Salad w/Tomato Wedges, Parmesan & Homemade Seasoned Croutons Watermelon	30 Stir Fry Beef & Broccoli Brown Rice Asian Vegetables Pineapple			

\*\* Friday meals in Lacey are not federally funded and require payment to attend\*\* (Menu Subject to change)