

Department of Senior Affairs – Nutrition/Transportation Division

Menu for the Week of: April 1st – 5th

We reserve the right to alter the menu due to food availability and suitability for home delivery. Diabetic clients should not be given sugar and only given bread upon request.

Monday April 1st

Salisbury Steak with Gravy	3 Ounce/ 1 Ounce
Roasted Redskin potatoes	4 Ounces
Malibu Blend Vegetable	4 Ounces
Fruit Mix	4 Ounces
1% Milk	8 Ounces

Tuesday April 2nd

Rotisserie Chicken	4 Ounce
Brown Rice	4 Ounces
Beets	4 Ounces
Dinner Roll	1 Each
Banana	1 Each
1% Milk	8 Ounces

Wednesday April 3rd

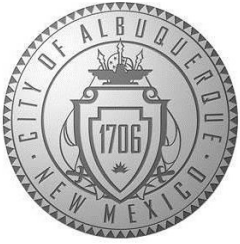
Turkey Chef Salad: Turkey/Lettuce /Tomato /Cucumber/ Carrots/Egg /Cheese /Croutons / Ranch Dressing	3 Ounce/1 Ounce/ 1Ounce/ 1 Ounce/ 1 Ounce/ 1 Ounce/ 1 Ounce/1 Ounce/ 1 Tablespoon
Orzo Pasta with peppers	4 Ounces
Croissant	1 Each
Tapioca Pudding	4 Ounces
1% Milk	8 Ounces

Thursday April 4th

Frito Pie: Beef/ Bean/ Red Chile/ Cheese/ Onion/ Lettuce/ Tomato / Corn Chips	2 Ounce/ 2 Ounce/ 1Ounce/ 1 Ounce/ 1 Ounce/ 1Ounce/ 1 Ounce/ 1 Ounce
Imperial Blend	4 Ounces
Orange	1Each
1% Milk	8 Ounces

Friday April 5th

Garlic Tilapia	4 Ounce
Pasta with Tomatoes	4 Ounces
Green Beans	4 Ounces
Grapes	4 Ounces
1% Milk	8 Ounces



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Menu for the Week of: April 8th – 12th

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Monday April 8th

Sloppy Joe: Beef / Hamburger Bun	4 Ounce/ 1 Each
Ranch Beans	4 Ounces
Mixed Vegetable	4 Ounces
Yogurt	1 Each
1% Milk	8 Ounces

Tuesday April 9th

Egg Salad Sandwich: Egg Salad/ 2 Slices Wheat Bread	4 Ounces/ 2 slices
Cucumber, Tomato & Red Onion	4 Ounces
3 Bean Salad	4 Ounces
Honey Dew	4 Ounces
1% Milk	8 Ounces

Wednesday April 10th

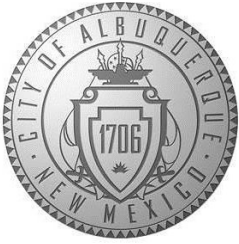
Chicken Fajita: Chicken/ Red and Green Pepper/ Onion/ Tortilla	3 Ounces/ 4 Ounce/ 2 Tortilla
Spanish Rice	4 Ounces
Mexi Corn	4 Ounces
Banana	1Each
1% Milk	8 Ounce

Thursday April 11th

Chicken Tender with BBQ Sauce	4 Ounce
Butter Parsley Red Potatoes	4 Ounces
Crinkle Cut Carrots	4 Ounces
Sliced Peaches	4 Ounces
1% Milk	8 Ounces

Friday April 12th

Breaded Cod with Tartar Sauce	4 Ounce
Orzo pasta with black olives	4 Ounces
Cole Slaw Pineapples and Raisins	4 Ounces
Chocolate cake	2x2
1% Milk	8 Ounces



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Menu for the Week of: April 15th – 19th

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Monday April 15th

Carne Adovada	3 Ounce
Spinach	4 Ounces
Pinto Beans	4 Ounces
Cookie	1Each
1% Milk	8 Ounces

Tuesday April 16th

Roast Beef with Gravy	4 Ounces
Mashed yam's	4 Ounces
Collard Greens	4 Ounces
Dinner roll	1 serving
Banana Pudding	4 Ounces
1% Milk	8 Ounces

Wednesday April 17th

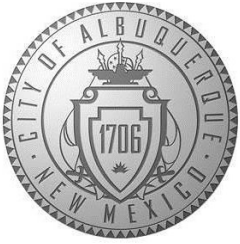
Chicken Salad	4 oz of chicken
Croissant	1 Each
Mandarin Orange	4 Ounces
Carrot and Raisins	4 Ounces
1% Milk	8 Ounces

Thursday, April 18th

Spaghetti with Meat Sauce: Pasta/ Beef/ Sauce	4 Ounce/ 3 Ounce/ 2 Ounce
Imperial Blend	4 Ounces
Garlic Bread Stick	1Each
Sliced Pears	4 Ounces
1% Milk	8 Ounces

Friday, April 19th

Denver Omelet: Egg/Cheese/ Red & Green Peppers / Onion	4 ounces/ 2 ounces/ 1 ounce
Stewed Tomato	4 Ounces
Hash Browns	4 Ounces
Grapes	4 Ounces
1% Milk	8 Ounces



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Menu for the Week of: April 22nd – April 26th

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Monday April 22nd

Turkey And Swiss Sandwich: Turkey/ Swiss Cheese/ 2 Slices Wheat Bread	3 Ounce/ 1 Slice/ 2 Slices
Pasta with Tomato Peppers and Onions	4 Ounces
Apple Slices	4 Ounces
1% Milk	8 Ounces

Tuesday April 23rd

Beef Tips with Noodles	3 Ounce/ 4 Ounce
Malibu Blend	4 Ounces
Peach Crumble	4 Ounces
Wheat Roll	1 Each
1% Milk	8 Ounces

Wednesday April 24th

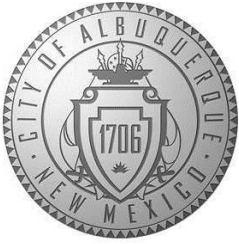
Pork Loin	3 Ounces
Garbanzo Beans with Red Peppers	4 Ounces
White Rice	4 Ounces
Apple	1 Each
1% Milk	8 Ounces

Thursday April 25th

Baked Ziti with Mozzarella Cheese	4 Ounce/ 1 Ounce
Mixed Vegetables	4 Ounces
Garlic Bread Stick	1 Each
Cantaloupe with Cottage Cheese	1 ounce 3 Ounces
1% Milk	8 Ounces

Friday April 26th

Green Chile Chicken Enchiladas: Chicken/ Corn Tortilla/ Cheese/ Green Chile	3 Ounces/ 2 Tortilla/2 Ounce/ 2 Ounce
Pinto Beans	4 Ounces
Cornbread	2x2
Apricots Slices	4 Ounces
1% Milk	8 Ounces



Department of Senior Affairs – Nutrition/Transportation Division

Menu for the Week of: April 29th – May 3rd

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Monday April 29th

Salmon with Dill Sauce	4 Ounce
Steamed Rice	4 Ounces
Brussel Sprouts	4 Ounces
Dinner Roll	1 Each
Pear	1 Each
1% Milk	8 Ounces

Tuesday April 30th

Loaded Baked Potato: Cheese/ Broccoli/ and Chives	1 Each/ 2 Ounces/ 2 Ounces
Oriental Bland	4 Ounces
Biscuit	1 Each
Apple Crisp	4 Ounces
1% Milk	8 Ounces

Wednesday May 1st 4 Ounces

Swedish Meatballs	3 Ounces
Noodles	4 Ounces
Green Beans with Mushrooms	4 Ounces
Apricots	4 Ounces
1% Milk	8 Ounces

Thursday May 2nd

BBQ Chicken Thigh	4 Ounce
Baked Beans	4 Ounces
Collard Greens	4 Ounces
Watermelon	4 Ounces
1% Milk	8 Ounces

Friday 3rd

Green Chili Cheese Burger: Beef/ Cheese/ Green Chili/ Hamburger Bun	3 Ounce/ 1 Slice/ 1 Ounce/ 1 Each
Steak Fries	4 Ounces
Corn	4 Ounces
Orange	1 Each
1% Milk	8 Ounces