

April Regular Menu 2024

Monday	Tuesday	Wednesday	Thursday	Friday
1 3 oz Sliced Turkey 2 oz gravy ½ cup Mashed potato ½ cup Carrots 1 pc LS Wheat Bread ½ cup applesauce Congregate: Send Cranberry Sauce Cans (16 oz containers)	2 Two Compartment 2 pc Stuffed Shells 4 oz Marinara Sauce ½ cup Cauliflower 1pc Vienna Bread ½ cup Canned Fruit 1pc Parmesan	3 Steak Fajita 3oz Sliced Steak 2oz peppers & onions ½ cup Black Beans ½ cup Spanish Rice 1pc Tortilla 1pc Sour Cream 1pc Fresh Fruit	4 NO MEALS AGESPAN Volunteer Appreciation Day	5 Two Compartment 10oz Lentil Stew with vegetables & Potatoes ½ cup green beans Congregate: Garden Salad to replace green beans 1pc WW Dinner Roll 1pc Yogurt 1pc Juice
8 Two Compartment Chicken Stir Fry 3oz Chicken Strips 4oz Soy, Garlic & Sesame Sauce 4oz Mandarin Veg Blend ½ cup Brown Rice ½ cup Pineapple 1pc Oat Bread	9 Opening Day Red Sox 1pc Hot dog (LS Beef/pork) ½ cup baked beans ½ warm Cinnamon Apples ½ cup coleslaw 1pc Hot dog roll 1pc Mustard 1pc Relish No Margarine	10 Birthday Two Compartment Beef Burgundy 3oz Sliced beef 4 oz Burgundy sauce (with mushrooms) on top of ½ cup Egg Noodles ½ cup Broccoli 1pc MG Bread 1pc Cupcake	11 Cold: 3oz Egg Salad ½ cup Quinoa Salad Congregate: Minestrone Soup to replace Quinoa ½ cup Garden Salad ½ cup Gelatin 1pc Sandwich Roll 1pc Salad Dressing	12 4oz Cod 2oz Mediterranean Sauce ½ cup Roasted Potatoes ½ cup Creamed Spinach 1pc WW Dinner Roll 1pc Fresh Fruit 1pc Ketchup
15 No Meals Patriots Day	16 Two Compartment 6oz Broccoli Egg Bake ½ cup Roasted Potatoes ½ cup Carrots 1pc Fruit Loaf 1pc Yogurt 1pc Juice (no milk) 1pc Ketchup	17 Two Compartment Chicken Parmesan 1pc Breaded Chicken 4oz Marinara Sauce 1oz Mozzarella Cheese On top of 4oz Pasta ½ cup Zucchini 1 slice MG bread ½ cup Pineapple	18 1pc Bateman meatloaf (1.5oz beef & 1.5oz turkey) 2 oz Gravy ½ cup Mashed Potatoes ½ cup Peas 1pc Oat Bread 1pc Fresh Fruit	19 3oz Pork Roast 2oz w/Apples 2oz Apple Glaze ½ cup Roasted Sweet Potatoes ½ cup Bread Pudding ½ cup Garden Salad 1pc Salad Dressing 1pc Cornbread
22 Two Compartment Shepherd's Pie 3oz Beef 2oz Gravy 3oz Corn ½ cup Mashed Potatoes 1pc Biscuit ½ cup chocolate pudding	23 3oz Grilled Chicken 2oz Balsamic Sauce ½ cup Parmesan Risotto ½ cup Sauteed Garlic Kale 1pc WW Dinner Roll ½ cup canned fruit	24 Cold: 2 oz Turkey 1 oz Swiss Cheese ½ cup Garden Salad ½ cup Three Bean Salad Congregate: Tomato Soup to replace three bean salad 2 slices Rye Bread 1 pkt mustard 1pc Salad Dressing (menu magic) 1pc Fresh Fruit NO Margarine	25 3oz Pulled Pork (commodity) 2oz BBQ sauce ½ cup Sweet Potato Tots ½ cup Cauliflower 1pc Burger Bun ½ cup Applesauce NO Margarine	26 Tuscan Salmon 3oz Salmon 2oz Creamy Spinach Sauce with diced tomatoes ½ cup Orzo ½ cup Capri Blend 1pc MG Bread 1pc Cookie
29 Two Compartment 3oz Chicken Strips 4oz Alfredo Sauce On top of ½ cup Pasta ½ cup Broccoli 1pc Dinner Roll ½ cup canned fruit	30 Two Compartment 10 oz Ground Turkey & Rice with Chickpeas & Peppers ½ cup Green beans 1pc Cornbread ½ cup Gelatin			