

## HRDC Senior Center's Menu

### April-17

Monday	Tuesday	Wednesday	Thursday	Friday
Age 60 and Over Suggested Donation \$3.75				
Under Age 60 -\$5.00				
4/3/2017	4/4/2017	4/5/2017	4/6/2017	4/7/2017
Spaghetti w/ Meat Sauce Garden Salad Italian Mixed Veggies Garlic Bread Stick Apple Juice Pudding/ Milk	BBQ Chicken Sweet Potatoes Spinach Fruit Cocktail Pinto Beans Pineapple Juice WW Bread**/ Milk	Pork Loin w/ Gravy Smashed Red Potatoes Brussel Sprouts Orange Whole Wheat Dinner Roll** LS V8 Juice Milk	Chicken Kiev Scalloped Potatoes Green Beans Tropical Fruit Salad Whole Wheat Bread** 100% Orange Juice Milk	Baked Haddock Macaroni & Cheese Stewed Tomatoes Beets Grape Juice Whole Wheat Bread Cookie/ Milk
4/10/2017	4/11/2017	4/12/2017	4/13/2017	4/14/2017
Stuffed Pepper*** Mashed Potatoes Peas Mandarin Oranges Apple Juice Whole Wheat Bread** Pudding/Milk	Pulled Pork on Whole Wheat Bun Au Gratin Potatoes Broccoli Mixed Fruit Pineapple Juice Milk	Taco Salad ( ground turkey) Lettuce Tomato/ Onion Pinto beans Baked Doritos** sour cream / salsa 100% Orange Juice/ Milk	<b>EASTER DINNER</b> Baked Low-Sodium Ham Sweet Potatoes Prince Edward Mix Mixed Fruit Roll/ 100% Grape Juice/Milk Coconut Cream Pie	 CLOSED FOR EASTER
4/17/2017	4/18/2017	4/19/2017	4/20/2017	4/21/2017
 CLOSED FOR EASTER	Chicken Pot Pie**** ( Chicken, potatoes, mixed veggies) Broccoli Lima Beans Biscuit on top Pineapple Juice/ Milk	Cheeseburger Baked Potato w/ sour cream Carrots Pickled Beets Whole Wheat Bun Grape Juice/ Milk	Garlic Chicken Pasta Primavera ( Pasta Mix Veggies) Spinach Whole Wheat Bread**/Milk 100% Orange Juice	Liver and Onions Mashed Potatoes w/ Gravy Cauliflower Apple Sauce Whole Wheat Bread** LS V-8 Juice Brownie / Milk
4/24/2017	4/25/2017	4/26/2017	4/27/2017	4/28/2017
<b>Home Delivered Meals Only</b> White Chicken Chili (diced chicken/ White Beans and tomatoes) Fruit Salad 2 Biscuits Apple Juice/ Milk	Apple Braised Pork Loin Smashed Red Potatoes Brussel Sprouts Peas Strawberry Mousse 100% Pineapple Juice Whole Wheat Bread** /Milk	Oven Roasted Turkey Mashed Potatoes w/ Gravy Green Beans Pineapple Chunks Whole Wheat Bread** Grape Juice Milk	Oven Fried Chicken Rice Pilaf Lima Beans Broccoli Peaches 100% Orange Juice WW Bread/Milk	Salisbury Steak w/ Gravy Mashed Potatoes Carrots Fresh Fruit LS V8 Juice WW Bread** Cookie/ Milk

\*Substitutions may be made according to availability of items

*HRDC is an Equal Opportunity Provider*

2/9/2017

\*\* ADC add slice bread for grain requirement

\*\*\* ADC Substitution Meatballs w/ Gravy

\*\*\*\* ADC Same Menu Separate Items

All Juices are fortified with Vitamin C