





April 2009

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Monday	Tuesday	Wednesday	Thursday	Friday
	<p>LS Alt= Low Sodium Alternate LF Alt=Low Fat Alternate (These items must be ordered ahead)</p>	<p>1 <u>April Fool's Day</u> City Chicken Creamy Coleslaw Candied Sweet Potatoes Cornbread Prunes</p> 	<p>2 Swedish Meatballs/Gravy Buttered Noodles Scandinavian Vegetables Mixed Berries Wheat Bread</p>	<p>3 Macaroni and Cheese Parmesan Spinach Cozumel Blend Vegetables Whole Wheat Bread Orange</p>
<p>6 Turkey and Cheddar Sandwich Spring Pea Soup Steamed Baby Carrots Orange Pineapple Gelatin</p>	<p>7 Beef Lasagna Antipasto Italian Blend Vegetables Warm Breadstick Crumb-Topped Peaches</p> 	<p>8 <u>Passover</u> Roasted Chicken Strips Passover Onion Pudding Winter Blend Vegetables Chilled Grape Juice Whole Wheat Matzoh Charoset</p>	<p>9 Roast Pork Scalloped Potatoes Spring Blend Vegetables Three Bean Salad Whole Wheat Bread Fresh Bananas and Oranges</p>	<p>10 <u>Good Friday</u> Vegetable Frittata Golden Hash brown Casserole Appetizing Apricots Hot Cross Bun Chilled Orange Juice</p>
<p>13 Veal Parmesan Red-Skin Potatoes Riviera Blend Vegetables Whole Wheat Roll Mixed Fruit</p>	<p>14 <u>Cancer Control Month</u> Chicken with Fruit Vegetable Couscous Herb Roasted Tomatoes Multigrain Bread Ambrosia Salad</p>	<p>15 Cold Tuna Sandwich ALT: Egg Salad Tomato Soup Pickled Beet Salad Pineapple Tidbits</p>	<p>16 Roast Turkey Baked Sweet Potatoes and Apples Bread Dressing Okra and Stewed Tomatoes Multigrain Bread Apricots</p>	<p>17 <u>Eastern Orthodox Easter</u> Baked Ham (Chicken-LS Alternate) Red Easter Egg Beets with Orange Sauce Steamed Asparagus Calico Fruit Hot Cross Bun</p>
<p>20 Beef Tamale Pie Pinto Beans Crisp Romaine Salad with Diced Tomatoes and Cheese Spicy Fruit Cup</p>	<p>21 Pork Chop Dijon Macaroni and Cheese Steamed Broccoflower Grape Tomatoes with Ranch Dressing Whole Wheat Bread Apple Slices</p>	<p>22 <u>Earth Day Celebration</u> Sunshine Chicken Sugar Snap Pea Stir Fry Tropical Fruit Salad Ginger Rice Whole Wheat Bread Banana Boat</p> 	<p>23 Fettuccini Alfredo with Crab Alt: Chicken Fettuccini Baby Carrots & Brussels Sprouts Pears Breadstick</p>	<p>24 Hot Open-Faced Roast Beef Manhattan Cornbread Dressing Mixed Green Salad Mandarin Oranges <i>Genoa & HDM Birthday Cake</i></p>
<p>27 Baked Fish Amantine Alt: Chef Salad Baked Potato with Sour Cream Buttered Broccoli Whole Wheat Bread Fruit Cocktail Graham Crackers</p>	<p>28 SENIOR CENTERS Chicken Paprikash Hungarian Noodles Green Beans Cabbage in Sour Cream Apple Slices, Rye Bread **NO HDM TODAY** OCTA INSERVICE DAY</p>	<p>29 Juicy Steak w/Gravy Buttered Egg Noodles Citrus Slaw Green Beans Whole Wheat Bread Cinnamon Applesauce <i>Oak Harbor Birthday Cake</i></p>	<p>30 <u>Birthday Day</u> BBQ Ribs Creamy Potato Salad Cauliflower with Peas Whole Wheat Dinner Roll Plums <i>PC, Elmore & Danbury - Birthday Cake</i></p>	