

April 2018



To access ingredient content, call Senior Resources at 419-898-6459
 REHEATING MEALS: If the tray is still sealed, puncture a hole in section to vent. Heat for 1.5 to 2 minutes.
 Depending on your appliances power level.

Mon	Tue	Wed	Thu	Fri
2 Braised Beef Tips Over Parmesan Noodles Cauliflower Orange Glazed Beets Orange Wedges Wheat Bread	3 Pepperoni Pizza Alt: No Pepperoni Roasted Red Pepper Soup Pea Salad - Fruit Cocktail Breadstick - Crackers	4 Homemade Lasagna Italian Green Beans Tossed Salad Tropical Fruit Garlic Toast	5 Roast Beef & Provolone Cheese Sandwich Loaded Baked Potato Soup Broccoli Raisin Salad Pears	6 Swiss Steak Red Potatoes - Carrots Ambrosia Salad Wheat Roll
9 Stuffed Pepper Mashed Potatoes/Gravy Buttered Corn Plums - Wheat Roll	10 Chicken Florentine Over Pasta Italian Blend Vegetables Minestrone Soup - Crackers Fruit Cocktail—Breadstick	11 Turkey & Cheddar Sandwich Cream of Broccoli Soup Creamy Cucumber Salad Grapes—Crackers	12 Beef Enchilada/Sour Cream Black Beans & Corn Salsa Salad/Tortilla Chips Pineapple	13 Cheese Ravioli w/ Meat Sauce Green Beans Tossed Salad Fruited Gelatin - Garlic Toast
16 Salisbury Steak Baked Potato / Sour Cream Butter Beans Banana Wheat Roll	17 Spaghetti w/Meatballs Capri Blend Tropical Fruit Garlic Knot	18 Creamy Chicken & Veggies Over Biscuit Bettys Salad Peach Crisp Wheat Roll	19 Baked Ham Alt: Baked Chicken Fried Potatoes Creamed Spinach Cinnamon Applesauce Cornbread	20 Braised Short Ribs Garlic Mashed Potatoes Carrots Mandarin Oranges White Roll
23 Pork Tenderloin Roasted Potatoes Broccoli w/Cheese Mandarin Oranges Wheat Roll	24 Beef Stroganoff w/Egg Noodles Lima Beans BLT Salad—Fruit Medley Wheat Bread	25 Oven Fried Chicken Mashed Potatoes w/Gravy Cream Corn Orange Wedges Wheat Roll <i>Oak Harbor/Genoa Bday</i>	26 Chili w/Beans Coleslaw Fruited Gelatin Corn Muffin—Crackers <i>Elmore/Port Clinton Bday</i>	27 Cranberry Glazed Turkey w/ Stuffing Mashed Sweet Potatoes Green Bean Casserole Banana - Wheat Bread <i>Danbury/HDM Bday Treat</i>



SPRING

30
 Pot Roast
 Mashed Potatoes w/Gravy
 Baby Carrots
 Orange Wedges
 Wheat Roll