

# APRIL | 2024

## Main Menu



### MONDAY

### TUESDAY

### WEDNESDAY

### THURSDAY

### FRIDAY

<p><b>1</b> Citrus Salmon Brown Rice Green Beans Mandarin Oranges Wheat Roll/Margarine 6</p>	<p><b>2</b> Hamburger Hamburger Bun Red Skin Potatoes Broccoli Pears 6</p>	<p><b>3</b> Salisbury Steak Mashed Potato &amp; Gravy Peas Fruit Cobbler Fruit Cocktail 8</p>	<p><b>4</b> Stuffed Chicken Rice Pilaf Corn Root Blend Fresh Fruit 7</p>	<p><b>5</b> Polish Sausage Hot Dog Bun Sauerkraut Asparagus Applesauce 4</p>
<p><b>8</b> Chicken Wings Baked Potato Sautéed Cabbage Tomato Salad Fruited Jell-O 5</p>	<p><b>9</b> Bourbon Chicken White Rice Squash Three Bean Salad Fruit Crisp 8</p>	<p><b>10</b> Pork Chops &amp; Gravy Mashed Potato Corn Peaches Wheat Bread/Margarine 5</p>	<p><b>11</b> S&amp;S Meatballs White Rice Wax Beans Asparagus Ambrosia Dinner Roll/Margarine 7</p>	<p><b>12</b> Hotdog Hotdog Bun Peas Cauliflower Fresh Fruit Fig Newton 6</p>
<p><b>15</b> Chicken Salad Wheat Croissant Coleslaw Mandarin Oranges 6</p>	<p><b>16</b> Chicken Diane White Rice Asparagus Beets Fresh Fruit 5</p>	<p><b>17</b> Cabbage Rolls Au Gratin Potatoes Carrots Applesauce Chocolate Pudding 6</p>	<p><b>18</b> Sliced Ham Sweet Potatoes Peas Pineapple Tidbits Wheat Bread/Margarine 7</p>	<p><b>19</b> Frittata Red Roasted Potatoes Root Blend Veggies Apricots 6</p>
<p><b>22</b> Pork Chop Suey White Rice Corn Squash Ambrosia Wheat Bread/Margarine 6</p>	<p><b>23</b> Chicken Cavatappi Garlic Bread Lima Beans Side Salad Applesauce 6</p>	<p><b>24</b> Pork BBQ Hamburger Bun Sweet Potatoes Wax Beans Tropical Fruit String Cheese 7</p>	<p><b>25</b> Roast Beef Mashed Potato &amp; Gravy Cali Blend Green Beans Fruited Yogurt Birthday Cake 6</p>	<p><b>26</b> Herb Tilapia Parsley Boodles Asparagus Coleslaw Peaches 4</p>
<p><b>29</b> Swedish Meatballs Egg Noodles Spinach Pineapple Tidbits Bread Pudding 7</p>	<p><b>30</b> Scalloped Potatoes &amp; Ham Mixed Veggies Fruit Cobbler Watermelon 7</p>	<p><b>1</b></p>	<p><b>2</b></p>	<p><b>3</b> *** 1 carb count = 15g of carbohydrates</p>

**Menu includes  
Low Fat Milk**

**Meals include 1/3  
of the Recommended Daily  
Allowance (RDA)**

**Meals Subject  
to Change**

**4-25 Birthday Celebration**



**\*\*Please remember  
Holiday meals will only  
be sent to those in  
highest need which is  
very few participants**

231-755-0434  
800-442-6769  
www.agewellservices.org