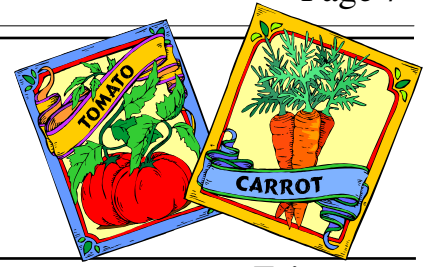


April 2013

Menus Subject to Change Without Notice
Milk served with meal.



<i>Mon</i>	<i>Tue</i>	<i>Wed</i>	<i>Thu</i>	<i>Fri</i>
<p>1 Chicken Pot Pie Pickled Beets Dry Jello Salad Biscuit Cookie Bar</p>	<p>2 Tuna Casserole Peas and Carrots Tossed Salad Muffin Pudding</p>	<p>3 Birthday Lunch Salisbury Steak Mashed Potatoes Key Largo Vegetable Carrot Raisin Salad Whole Wheat Roll Cake and Ice Cream</p>	<p>4 Tomato Bisque Soup Ham and Swiss on Rye Pickles and Olives Veggies/Dip Cookie</p>	<p>5 Meat Loaf Whipped Potatoes/ Gravy Steamed cabbage Spinach Salad Whole wheat Bread Raisin Bar</p>
<p>8 Baked Fish Scalloped Potatoes Spinach Cole Slaw Whole Wheat Bread Cinnamon Applesauce</p>	<p>9 Stuffed Pepper Steamed Carrots Cottage Cheese Pear Salad Cinnamon Bread Fruit cobbler</p>	<p>10 Parmesan Chicken Baked Potato/Sour Cream Peas and Carrots Tossed Salad/Kidney beans Roll Fresh Fruit</p>	<p>11 Myer's Day Chicken Fried Steak Whipped Potatoes/Gravy Peas and Carrots Fruited Cole Slaw Biscuit/Honey Butter Ice Cream Sandwich</p>	<p>12 Taco Salad Guacamole/Sour Cream Chips and Salsa – Center Corn Muffin –MOW Tropical Fruit Cookie</p>
<p>15 Gillies' Dollar Day Oven baked Chicken Mashed Potatoes/Gravy Broccoli Carrot Raisin Salad Whole Grain Roll Mini Banana Split</p>	<p>16 Spaghetti/Meat Sauce Italian Blend Vegetable Caesar Salad Bread Stick Fresh Fruit</p>	<p>17 Fruited Chicken Salad Cantaloupe Ring Pickles/Olives Fresh Veggies/Dip Banana Muffin Oatmeal Cookie</p>	<p>18 Sweet 'n' Sour Pork Rice Oriental Blend Egg Roll Chinese Cabbage Salad Muffin Lemon Tortoni</p>	<p>19 Roast Turkey/ Cranberries Mashed Potatoes / Gravy Green Beans Stewed Tomato Whole Wheat Roll Banana Bar</p>
<p>22 Beef Tips Mashed Potatoes German blend Vegeta- ble Cucumber Tomato Sal- ad Biscuit Cookie</p>	<p>23 Turkey Pot Pie Pickled Beets Dry Jello Salad Biscuit Pudding</p>	<p>24 Sloppy Joe/Bun Sweet Potato Fries Summer Blend Veggie Fruited Cole Slaw Fresh Fruit</p>	<p>25 Auntie's Apricot Chicken Rice Pilaf Bean Medley Whole wheat Roll Tossed Salad/Black Beans Cookie</p>	<p>26 Roast Beef Mashed Potatoes/Gravy Broccoli Whole wheat Roll Marinated Carrots Fruit Pie</p>
<p>29 Hamburger Noodle Bake Mixed Vegetable Citrus Fruit Cup Muffin Cookie</p>	<p>30 Ham & Vegetable Bean Soup Mini Chef's Salad Tropical Fruit Crackers Peanut butter Cookie</p>	<p>NOTICE Congregate lunch contributions are anonymous and confi- dential. Suggested donation per meal is \$2.75 for those 60+ and \$4.60 for those under 60. Please sign up for lunch one day in advance, especially on those days when the meals are sponsored by a local business. The staff appreciates your cooperation.</p>		