

# April 2018

Monday	Tuesday	Wednesday	Thursday	Friday
<b>2</b>	<b>3</b>	<b>4</b>	<b>5</b>	<b>6</b>
Hamburger Chili 1 Spinach Salad Cinnamon Roll 1 Pears 1 Crackers 1	Roast Beef in Gravy over Mashed Potatoes 1 Brussels Sprouts Apricots 1 Cookie 1	Creamed Chicken .5 Over Biscuits 1 Mixed Vegetables .5 Plums 1 Cherries in Gelatin 2	Roast Turkey Candied Sweet Potatoes 2 Broccoli Pineapple 1 Strawberries 1	Chicken Patty 0.5 Duchess Potatoes 1 Green Beans Banana 2 Yellow Cake w/ Frosting 2
<b>9</b>	<b>10</b>	<b>11</b>	<b>12</b>	<b>13</b>
Beef Patty Mashed Potatoes 1 Spinach Cinnamon Applesauce 1 Mandarin Oranges 1	Taco Salad 0.5 Tortilla Chips 0.5 Fiesta Corn 1 Fruit Cocktail 1 Lemon Bar 1	Salmon Loaf Creamed Peas & Carrots 1 Parslied Potatoes 1 Tropical Fruit 1 Spice Cake 1	<b>Cook's Choice</b> Vegetable Beef Soup Kidney Bean Salad Orange Chocolate Mousse	Deli Turkey Sandwich 1.5 w/ Lettuce & Pickles Potato Salad 1 Peaches 1 Peanut Butter Cookie 1
<b>16</b>	<b>17</b>	<b>18</b>	<b>19</b>	<b>20</b>
BBQ Beef Sandwich 1.5 Sweet Potatoes 1 Corn 1 Pineapple 1	Chicken Mashed Potatoes w/ Gravy1 Garden Mixed Vegetables1 Strawberries 1 Vanilla Pudding 1.5	Smothered Pork Chop Cheesy Texas Potatoes 2 Lima Beans Apricots 1 Rosy Pears 1	Baked Cod Garden Rice 1.5 Asparagus Mandarin Oranges 1 Applesauce Bar 1.5	Pot Roast w/ Vegetables 2 Peaches 1 Raisin Bread Pudding 2
<b>23</b>	<b>24</b>	<b>25</b>	<b>26</b>	<b>27</b>
Beefy Noodles 1.5 Potatoes 1 Peas 1 Pineapple 1 Plums 1	Chicken Tetrazzini 1.5 Carrots Cinnamon Pears 1 Bananas in Cherry Gelatin 2	Beef Stew 1 Tropical Fruit 1 Apple Crisp 2 Cheese Crackers 1	Ham Loaf 0.5 Mashed Potatoes 1 Broccoli Strawberries 1 Chocolate Cake 2	<b>Cook's Choice</b> Hot Dog Coleslaw Tator Tots Fruit Cocktail Ice Cream
<b>30</b>		<b>TO RESERVE OR CANCEL A MEAL CALL 641-792-7102 Toll Free 1-866-942-7102</b>		
Spaghetti with Meatballs 1 Lettuce Salad Mandarin Oranges 1 Fruit Cocktail 1 Garlic Bread 1				

\*\*Milk offered with all meals. All meals meet 1/3 of the Recommended Dietary Allowances (RDA) for older adults. The number after the food item denotes the carbohydrate count for those with diabetes. Cook's Choice days do not have carbohydrate count labeled.

  
Stephanie Labenz MS, RD,