





April 2017

Monday	Tuesday	Wednesday	Thursday	Friday
	TO RESERVE OR CANCEL A MEAL CALL 641-792-7102 Toll Free 1-866-942-7102			
3	4	5	6	7
Creamed Chicken Over Biscuits 1 Spinach Plums 1 Cherries 1	Beef & Gravy over Mashed Potatoes 1 Brussels Sprouts Apricots 1 Dessert 1	Roast Turkey Candied Sweet Potatoes 2 Broccoli Pineapple 1 Strawberries 1	Chili 1 Carrots Orange 1 Pears 1 Crackers 1	Chicken Tenders 0.5 Duchess Potatoes 1 Green Beans Tropical Fruit 1 Yellow Cake w/ Frosting 2
10	11	12	13	14
Beef Patty Mashed Potatoes w/gravy 1 Spinach Cinnamon Applesauce 1 Mandarin Oranges 1	Taco Salad 0.5 Tortilla Chips 0.5 Taco Sauce Fiesta Corn 1 Pears 1 Fruit Cocktail 1	Salmon Loaf Creamed Peas & Potatoes 1 Carrots Peaches 1 Spice Cake 1	Cheesy Broccoli & Ham Soup Mixed Vegetables Banana 2 Orange Juice 1 Crackers 1	Chicken Salad Sandwich 1.5 Potato Salad 1 Tropical Fruit 1 Peanut Butter Bar 1
17	18	19	20	21
Sloppy Joe on Bun 1.5 Broccoli Normandy Corn 1 Pineapple 1 Brownie 1	Pot Roast w/ Vegetables 2 Green Beans Peaches 1 Raisin Bread Pudding 2	Smothered Pork Chop Mashed Potatoes 2 Lima Beans Rosy Pears 1 Cake 2	Baked Fish Carrots Asparagus Mandarin Oranges 1 Applesauce Bar 1.5	Herb Baked Chicken Mashed Potatoes w/ Gravy 1 Mixed Vegetables 1 Strawberries 1 Vanilla Pudding 1.5
		BIRTHDAY DAY		
24	25	26	27	28
Beef & Noodles 1.5 Whipped Potatoes 1 Peas 1 Pineapple 1 Plums 1	Ham Loaf 0.5 Cheesy Texas Potatoes 2 Broccoli  Strawberries 1  Chocolate Cake 2	Lamb Stew 1 Beets 0.5 Tropical Fruit 1 Apple Crisp 2 Crackers 1	Chicken Tetrazzini 1.5 Green Beans Carrots  Bananas 2  Pears in Gelatin 1	Crispy Fish Coleslaw Baked Beans 1 Fruit Cocktail 1 Oatmeal Bar 1

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

Stephanie Labenz MS,RD,LD

