

Congregate Senior Nutrition Program

April 2025 – Menu

31 – Monday	1 – Tuesday Chicken and Noodles Seasoned Cauliflower Spinach w/ vinegar pk Mandarins SF Chocolate Pudding 	2 - Wednesday Meatloaf Whipped Potatoes w/gravy Butternut Squash Baked Apples Lorna Doones Bread	3 - Thursday Shredded Pork w/homemade BBQ Baked Beans Broccoli Cole Slaw Pineapple Bun	4 - Friday Tuna Noodle Casserole OR Beef Pot Roast w/gravy Whipped Potatoes w/gravy California Blend Apricots Vanilla Wafer Bread LENT
7 - Monday Beef & Noodles Capri Vegetables Lima Beans Mandarin Oranges Bread CELEBRATE BDAYS 	8 – Tuesday Sloppy Joe Roasted Sweet Potatoes Seasoned Peas and Carrots Bun Apricots SF Red Jell-O	9 - Wednesday Lemon Thyme Chicken w/ Rice Pilaf Sliced Carrots Broccoli Tossed Salad w/Italian Applesauce Bread	10 - Thursday Chicken Pot Pie Seasoned Broccoli Cauliflower Diced Peaches Vanilla Pudding	11 - Friday Tilapia OR Honey Sriracha Pork Garlic Green Beans w/ White Rice Oriental Blend Vegetable Diced Pears Angel Food Cake LENT
14 – Monday Goulash Green Beans Mandarin Oranges Pears Breadstick	15 – Tuesday Beef Stew Seasoned Corn Whipped potatoes w/gravy Apricots SF Vanilla Pudding Biscuit	16 - Wednesday  Buttermilk Pancakes, Sausage, Eggs, Mandarin oranges, juice, & tea	17 - Thursday CLOSED HOLY THURSDAY HAPPY EASTER!	18 - Friday CLOSED GOOD FRIDAY HAPPY EASTER!
21 – Monday Salisbury Steak w/ mushroom gravy Zucchini & Tomatoes Butternut Squash Pineapple Graham Crackers	22 – Tuesday Swiss Chicken Casserole Seasoned Peas and Carrots Seasoned Red Beets Diced Pears Bread SF Vanilla Pudding Guest Speaker @ WD – Aimee Crask, Webster Cantrell-Hall	23 - Wednesday Pork Loin w/gravy Roasted Sweet Potatoes Spinach w/ vinegar pk Kidney Bean Salad Pineapple Lorna Doones Guest Speaker @ OX – Aimee Crask, Webster Cantrell-Hall	24 - Thursday Veggie Frittata w/cheese Potatoes O'Brien Sausage Apricots Applesauce 2 Bread Guest Speaker @ SC – Aimee Crask, Webster Cantrell-Hall	25 - Friday Meatloaf 5oz gravy Potatoes w/ 5 oz gravy Seasoned Wax Beans Mixed Fruit Mandarin Oranges Bread
28 - Monday Mexican Chicken & Rice Corn & Broccoli Diced Pears Graham Crackers Salsa & Sour Cream	29 – Tuesday Sloppy Joe w/ Bun Potatoes O'Brien Wax beans Cole Slaw Mixed Fruit	30 – Wednesday Shepherd's Pie Lima Beans Black Eyed Peas Applesauce WW Bread	1 - Thursday	2 - Friday

***AQF desserts are diabetic-friendly treats for every palate. Our mixes are sugar free or no sugar added,

trans fat free, low cholesterol, low sodium and a good source of fiber. SF – sugar free ****Menu is subject to change****

All Meals served with 1% Milk/Tea/Water

SIGN UP 2 DAYS IN ADVANCE – 217-428-3459 / SUGGESTED DONATION \$4.00
(Full price \$7.50)