

## **Congregate Senior Nutrition Program**

## April 2025 – Menu

24 Mandau	1 Tuesday			1 Friday
31 – Monday	1 – Tuesday	2 - Wednesday	3 - Thursday	4 - Friday
	Chicken and Noodles	Meatloaf	Shredded Pork	Tuna Noodle Casserole
	Seasoned Cauliflower	Whipped Potatoes	w/homemade BBQ	OR Beef Pot Roast
	Spinach w/ vinegar pk	w/gravy	Baked Beans	w/gravy
	Mandarins	Butternut Squash	Broccoli	Whipped Potatoes
	SF Chocolate	Baked Apples	Cole Slaw	w/gravy
	Pudding	Lorna Doones	Pineapple	California Blend
	day	Bread	Bun	Apricots
				Vanilla Wafer
				Bread LENT
7 - Monday	8 – Tuesday	9 - Wednesday	10 - Thursday	11 - Friday
Beef & Noodles	Sloppy Joe	Lemon Thyme Chicken	Chicken Pot Pie	Tilapia <u>OR</u> Honey
Capri Vegetables	Roasted Sweet Potatoes	w/ Rice Pilaf	Seasoned Broccoli	Sriracha Pork
Lima Beans	Seasoned Peas and	Sliced Carrots	Cauliflower	Garlic Green Beans
Mandarin Oranges	Carrots	Broccoli	Diced Peaches	w/ White Rice
Bread	Bun	Tossed Salad w/Italian	Vanilla Pudding	Oriental Blend
			vanilla Fuduling	Vegetable
	Apricots	Applesauce		
BDAYS	SF Red Jell-O	Bread		Diced Pears
14 Manday	45 Tuesday	16 Madraaday	17 Thursday	Angel Food Cake LENT
14 – <b>Monday</b> Goulash	15 – <b>Tuesday</b> Beef Stew	16 - Wednesday	17 - Thursday	18 - <b>Friday</b>
	Seasoned Corn	Rol	CLOSED	CLOSED
Green Beans	-	Junes		C00D
Mandarin Oranges	Whipped potatoes	000	HOLY	GOOD
Pears	w/gravy	<mark>Buttermilk Pancakes,</mark>	THURSDAY	FRIDAY
Breadstick	Apricots	Sausage, Eggs,	THURSDAY	FRIDAY
	Apricots SF Vanilla Pudding	Sausage, Eggs, Mandarin oranges, juice,		
Breadstick	Apricots SF Vanilla Pudding Biscuit	Sausage, Eggs, Mandarin oranges, juice, & tea	HAPPY EASTER!	HAPPY EASTER!
Breadstick 21 – <b>Monday</b>	Apricots SF Vanilla Pudding Biscuit 22 – <b>Tuesday</b>	Sausage, Eggs, Mandarin oranges, juice, & tea 23 - Wednesday	HAPPY EASTER! 24 - Thursday	HAPPY EASTER! 25 - Friday
Breadstick 21 – <b>Monday</b> Salisbury Steak w/	Apricots SF Vanilla Pudding Biscuit	Sausage, Eggs, Mandarin oranges, juice, <u>&amp; tea</u> 23 - <b>Wednesday</b> Pork Loin w/gravy	HAPPY EASTER! 24 - Thursday Veggie Frittata w/cheese	HAPPY EASTER!
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Breadstick 21 – <b>Monday</b> Salisbury Steak w/ mushroom gravy	Apricots SF Vanilla Pudding Biscuit 22 – <b>Tuesday</b> Swiss Chicken Casserole Seasoned Peas and	Sausage, Eggs, Mandarin oranges, juice, & tea 23 - Wednesday Pork Loin w/gravy Roasted Sweet	HAPPY EASTER! 24 - Thursday Veggie Frittata w/cheese Potatoes O'Brien	HAPPY EASTER! 25 - Friday Meatloaf 5oz gravy Potatoes w/ 5 oz gravy
Breadstick 21 – <b>Monday</b> Salisbury Steak w/ mushroom gravy Zucchini &	Apricots SF Vanilla Pudding Biscuit 22 – <b>Tuesday</b> Swiss Chicken Casserole Seasoned Peas and Carrots	Sausage, Eggs, Mandarin oranges, juice, & tea 23 - Wednesday Pork Loin w/gravy Roasted Sweet Potatoes	HAPPY EASTER! 24 - Thursday Veggie Frittata w/cheese Potatoes O'Brien Sausage	25 - Friday Meatloaf 5oz gravy Potatoes w/ 5 oz gravy Seasoned Wax Beans
Breadstick 21 – <b>Monday</b> Salisbury Steak w/ mushroom gravy Zucchini & Tomatoes	Apricots SF Vanilla Pudding Biscuit 22 – <b>Tuesday</b> Swiss Chicken Casserole Seasoned Peas and Carrots Seasoned Red Beets	Sausage, Eggs, Mandarin oranges, juice, & tea 23 - Wednesday Pork Loin w/gravy Roasted Sweet Potatoes Spinach w/ vinegar pk	HAPPY EASTER! 24 - Thursday Veggie Frittata w/cheese Potatoes O'Brien Sausage Apricots	HAPPY EASTER! 25 - Friday Meatloaf 5oz gravy Potatoes w/ 5 oz gravy Seasoned Wax Beans Mixed Fruit
Breadstick 21 – <b>Monday</b> Salisbury Steak w/ mushroom gravy Zucchini & Tomatoes Butternut Squash	Apricots SF Vanilla Pudding Biscuit 22 – <b>Tuesday</b> Swiss Chicken Casserole Seasoned Peas and Carrots Seasoned Red Beets Diced Pears Bread	Sausage, Eggs, Mandarin oranges, juice, & tea 23 - Wednesday Pork Loin w/gravy Roasted Sweet Potatoes Spinach w/ vinegar pk Kidney Bean Salad	HAPPY EASTER! 24 - Thursday Veggie Frittata w/cheese Potatoes O'Brien Sausage Apricots Applesauce 2 Bread	HAPPY EASTER! 25 - Friday Meatloaf 5oz gravy Potatoes w/ 5 oz gravy Seasoned Wax Beans Mixed Fruit Mandarian Oranges
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\*\*\*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)