

# April 2012      Ward 7 & 8 Senior Services

6oz Berry Juice, Daily      Items: 1/2c Salad dressing w/Garden Salads

<b>Monday</b>	<b>Tuesday</b>	<b>Wednesday</b>	<b>Thursday</b>	<b>Friday</b>
<b>2</b>	<b>3</b>	<b>4</b>	<b>5</b>	<b>6</b>
3oz Chicken Salad 1/2c Vegetable Medley 1/2c Pasta Salad 1/2c Fruit cocktail 1 Bun 8oz Milk 1%    1tb margarine	3oz Baked Fish 1/2c Macaroni & Cheese 1/2c Green Beans 1/2c Pears 1 corn Muffin 8oz Milk 1%    1tb margarine	3oz Meat Balls w/ tomato sauce 1/2c Spinach 1/2c Spaghetti 1/2c Peaches 1 sl Wheat Bread 8oz Milk 1%    1tb margarine	3oz Chicken Pattie w/ketchup 1/2c Yellow squash 1/2c Kale greens 1 Fresh Orange 1 sl Wheat Bread 8oz Milk 1%    1tb margarine	3oz Baked Fish Square 1/2c Vegetarian Baked Beans 1/2c Mixed Greens 1/2c Pineapple crused 1 Bun    1pk mustard /ketchup 8oz Milk 1 %
<b>9</b>	<b>10</b>	<b>11</b>	<b>12</b>	<b>13</b>
3 oz Baked Chicken Leg w/stuffing 1/2c Glazed Carrots 1/2c Green Beans 1/2c Fruit Cup 1 sl Wheat Bread 8oz Milk 1%	3oz Salisbury Steak Pattie 1/2c Fresh Steam Cabbage 1/2 c Buttered Mashed Potatoes 1/2c Diced Pears 1 sl Wheat Bread Milk 1%    1tb Margarine	3oz BBQ Baked Chicken Breast 1/2c Collard Greens 1/2 c Potato Salad 1/2c Yogurt 1sl Wheat bread 8oz Milk 1%    1tb margarine	3oz Meat Loaf w/gravy 1/2c Chopped Broccoli 1/2c Spanish Rice 1/2c Pineapple slices 1sl Wheat Bread 8oz Milk 1%    1tb margarine	3oz Baked Fish w/ Ketchup, Mustard 1/2c Seasoned Red Potatoes 1/2c Coleslaw 1 Fresh Orange 1 sl Wheat Bread 8oz Milk 1 %    1tb margarine
<b>16</b>	<b>17</b>	<b>18</b>	<b>19</b>	<b>20</b>
3oz Baked Chicken w/ Gravy 1/2c Baked Sweet Potatoes 1/2c Kale Greens 1/2c Fruit cocktail 1 sl Wheat Bread 8oz Milk 1%    1tb margarine	3oz Fresh Baked Turkey 1/2c Macaroni Salad 1/2c Vegetable Medley 1sl Pound Cake w/ 4oz Strawberry Ice Cream 1 sl Wheat Bread 8oz Milk 1%    1tb margarine	3oz BBQ Baked Chicken 1/2c Escallops Potatoes 1/2c Spinach 1 Fresh Orange 1 sl Wheat Bread 8oz Milk 1%    1tb margarine	3oz Beef Pattie w/green Peppers 1/2c Fresh Steam Cabbage 1/2c Red Beans & Rice 1/2c Baked Apples 1 sl Wheat Bread 8oz Milk 1%    1tb margarine	3oz Chicken Salad 1/2c Spinach 1/2c Carrot & Raisin Pineapple Salad 1/2c Peaches 1 Bun 8oz Milk 1 %
<b>23</b>	<b>24</b>	<b>25</b>	<b>26</b>	<b>27</b>
3oz Lemon Baked Chicken Breast 1/2c Kale Greens 1/2c Yellow Rice 1 Fresh Pear 1sl Wheat Bread 8oz Milk 1%    1tb margarine	3oz Baked Turkey Wings 1/2c Candied Yams 1/2c Collard Greens 1 Fresh Banana 1 sl Wheat Bread 8oz Milk 1%    1tb margarine	3o Meat Loaf w/ Tomato sauce 1/2c Buttered Mashed Potatoes 1/2c Green Beans 2 Oatmeal Cookies 1 sl Wheat Bread 8oz Milk 1%    1tb margarine	3oz BBQ Beef 1/2c Mixed Greens 1 corn Cobette 1/2c Tropical Fruit Cup 1 Bun 8oz Milk	3oz Vegetable Lasagna 1/2c Oriental Vegetables 1/2c Yellow Squash 1/2c Pudding    1sl Wheat Bread 1 sl Wheat Bread 8oz Milk 1 %    1 tab Margarine
<b>30</b>				
3oz Baked Pork Chop 1/2c 3 Pasta salad 1/2c Turnip Greens 1/2c Apple sauce w/ raisins 1 sl Wheat Bread 8oz Milk 1%    1tb margarine	<p>Nutrition Tip: Try Something New &amp; Zesty "Cucumber Slices"</p>			<p><b>April Showers Bring May Flowers.....</b></p>