"we are a sign of excellence"

APRIL 2012 CONGREGATE NUTRITION MONTHLY MENU

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
2 4 oz. Chicken Cacciatore 4 oz. Penne Noodles 4 oz. Spinach 4 oz. Fruit Cocktail 1 slice of Wheat Bread w/ Butter 1 Orange Juice	3 4 oz. Roast Beef 4 oz. Mashed Potatoes & Gravy 4 oz. Scandinavian Vegetables 4 oz. Pineapple Tidbits 1 slice of Bread w/ Butter 1 Apple Juice	4 4 oz. Marinated Chicken 4 oz. Candied Yams 4 oz. Cabbage 4 oz. Apple Sauce 1 slice of Wheat Bread w/ Butter 1 Grape Juice	5 4 oz. Spaghetti w/ Meat Sauce 4 oz. Mixed Vegetables 4 oz. Garden Salad 1 Fresh Banana 1 slice of Rye Bread w/ Butter 1 Orange Juice	6 4 oz. BBQ Chicken Leg Quarter 4 oz. Macaroni & Cheese 4 oz. Greens 1 Fresh Orange 1 slice of Bread w/ Butter 1 Apple Juice
9 4 oz. Turkey Pot Roast w/ Gravy 4 oz. Stuffing 4 oz. Cabbage 4 oz. Grapes 1 slice of Bread w/ Butter 1 Grape Juice	10 4 oz. Seasoned Tilapia 4 oz. Yellow Rice 4 oz. Broccoli 4 oz. Apple Sauce 1 slice of Rye Bread w/ Butter 1 Orange Juice	11 4 oz. Swedish Meatballs 4 oz. Parsley Noodles 4 oz. String Beans 4 oz. Fruit Cocktail 1 slice of Wheat Bread w/ Butter 1 Grape Juice	12 4 oz. Oven Fried Chicken 4 oz. Corn 4 oz. Italian Vegetables 4 oz. Pineapple Tidbits 1 slice of Wheat Bread w/ Butter 1 Apple Juice	13 4 oz. Italian Sausage 4 oz. Sautéed Peppers & Onions 4 oz. Roasted Potatoes 4 oz. California Vegetables 1 Fresh Banana 1 slice of Bread w/ Butter 1 Orange Juice
16 4 oz. Baked Chicken 4 oz. Mixed Vegetables 4 oz. Greens 4 oz. Peaches 1 slice of Wheat Bread w/ Butter 1 Apple Juice	17 4 oz. Beef Pot Roast 4 oz. Mashed Potatoes w/ Gravy 4 oz. String Beans 4 oz. Grapes 1 slice of Bread w/ Butter 1 Grape Juice	18 4 oz. Italian Fish 4 oz. Rice 4 oz. Scandinavian Vegetables 1 Fresh Orange 1 slice of Rye Bread w/ Butter 1 Orange Juice	19 4 oz. BBQ Chicken 4 oz. Corn 4 oz. Broccoli 4 oz. Pineapple Tidbits 1 slice of Bread w/ Butter 1 Apple Juice	20 4 oz. Lasagna 4 oz. Italian Vegetables 4 oz. Garden Salad 4 oz. Fruit Cocktail 1 slice of Wheat Bread w/ Butter 1 Grape Juice
23 4 oz. Chicken Stir-Fry 4 oz. Rice 4 oz. Mixed Vegetables 4 oz. Pineapple Tidbits 1 slice of Bread w/ Butter 1 Orange Juice	24 4 oz. Salisbury Steak 4 oz. Mashed Potatoes w/ Gravy 4 oz. Broccoli 4 oz. Grapes 1 slice of Rye Bread w/ Butter 1 Apple Juice	25 4 oz. Italian Sausage 4 oz. Sautéed Peppers & Onions 4 oz. Garden Rice 4 oz. Cabbage 4 oz. Fruit Cocktail 1 slice of Wheat Bread w/ Butter 1 Grape Juice	26 4 oz. Roast Beef 4 oz. Penne Noodles 4 oz. String Beans 1 Fresh Banana 1 slice of Wheat Bread w/ Butter 1 Orange Juice	27 4 oz. Oven Fried Chicken 4 oz. Yellow Rice 4 oz. Mixed Vegetables 4 oz. Apple Sauce 1 slice of Bread w/ Butter 1 Apple Juice
30 4 oz. Spaghetti w/ Meat Sauce 4 oz. Mixed Vegetables 4 oz. Garden Salad 4 oz. Peaches 1 slice of Bread w/ Butter 1 Grape Juice				