

April 2019

Note: All meals include milk and bread (if not listed on the day). Meals are for those 60+ years old. Exemptions apply, but need to be approved. Please call the Nutrition Coordinator for more information. 608-297-3146

Add LIFE Senior Dining Menu

Monday	Tuesday	Wednesday	Thursday	Friday
1 Corned Beef Hash Fruited Crepe Red Cabbage and Carrots Banana Cookie	2 Turkey and Stuffing Mashed Potatoes Peas & Pearl Onions Craisins Magic Bars	3 Brain Boosting Lunch Salmon Patties Black Bean Au Gratin Potato Carrots Spinach Salad	4 Roast Beef & Gravy 5 Grain Vegetable Blend Green Beans Juice Chocolate Chia Seed Pudding	5 Vegetable Lasagna Country Blend Vegetables Mixed Veggies & Hummus Honey-Pecan Bar
8 Chili Scalloped Corn Fruit Salad Cake	9 Bacon Chicken Ranch Salad Lettuce, Bacon, Chicken, Diced Toms, Peas, Eggs, Cheese Pineapple Angel Lush	10 Beef Steak and Gravy Mashed Potatoes Asparagus Trail mix Jam and Oatmeal Square	11 Baked Ziti Italian Blend Vegetables Loaded Side Salad Melon	12 Potato Crusted Fish Calico Beans Cheesy Broccoli V-8 Juice Chocolate-Mashed Potato Cupcakes
15 Meatballs and Gravy Pasta & Vegetables Squash Dried Apricots Strawberry Eton Mess	16 Chicken Cordon Bleu Diced Sweet Potatoes Beets Hong Kong Salad Orange Cup	17 Shredded Pork Mediterranean Quinoa Brussel Sprouts 6 oz. Juice Chocolate Chip Dip/ Graham Crackers	18 Cream of Mushroom Soup Ham Salad Sandwich Pea Salad Cake/ Apple Slices	19 Closed Good Friday
22 Baked Ham/ Pineapple Scalloped Potatoes Stewed Tomatoes & Zucchini Juice Alexander Torte	23 Meatloaf Baked Potato Bean Medley Raisins Banana Chocolate Pudding	24 Citrus Chicken Fried Rice w/ Vegetables Spinach Bake Watermelon Cup Blueberry Coffee Cake	25 Tilapia in Lemon Butter Sweet Potatoes California Blend Veggies Fruit Cocktail Salted Pecan Shortbread Squares	26 Scrambled Egg and Sausage Crepe Hashbrowns & Red Quinoa Pineapple Cup Lemon Thyme Bar
29 Chicken Alfredo Lasagna Peas and Carrots Spiced Peaches Apple, Blueberry, Broccoli Salad Real Cool Cookie	30 Cooks Choice Cold Sandwich Potato Salad Frozen Juice Rhubarb Crisp			