

\$3.00 Suggested Donation

April 2018

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>2 Chicken Soup w/Anci diPepe Baked Ham w/Pineapple Slice Mashed Sweet Potatoes Roasted Brussels Sprouts Oatmeal Cookies, m.g. bread <i>(Chicken Salad on Multi Grain)</i> Cals 520 Fat 6.5gms Sodium 510mgs Fiber 4.5gms</p>	<p>3 Tortilla Soup w/Sour Cream Seasoned Chicken Strips Peppers & Onions Side Salad w/ Dressing Coffee Cake, wh. Gr. tortilla <i>(Tuna on Whole Grain Tortilla)</i> Cals 482 Fat 6.5gms Sodium 490mgs Fiber 4gms</p>	<p>4 100% Juice Turkey Chili Corn Bread California Blend Vegetables Fruit Cocktail, Italian Bread <i>(Salami & Provolone on Italian)</i> Cals 505 Fat 7gms Sodium 513mgs Fiber 6.6 gms</p>	<p>5 Tomato Vegetable Soup Roasted Airline Chicken Seasoned Whole Grain Pasta Italian Blend Vegetables Fresh Fruit, Rye Bread <i>(Egg Salad on Rye)</i> Cals 498 Fat 6.6gms Sodium 520mgs Fiber 4gms</p>	<p>6 Beef Vegetable Barley Soup Meatloaf w/Gravy Mashed Potatoes Mixed Vegetables, Tapioca pud. Whole Wheat Bread <i>(Ham/Cheese on Whole Wheat)</i> Cals 539 Fat 8gms Sodium 572mgs Fiber 4gms</p>
<p>9 Onion Soup w/Crouton American Chop Suey Whole Wheat Elbows Garlic Spinach Pineapple Chunks, Dinn.Roll <i>(Italian Tuna on Bulky Roll)</i> Cals 503 Fat 6.2gms Sodium 450mgs Fiber 4gms</p>	<p>10 Moroccan Lentil Soup Low Sodium Hot Dog Baked Beans, 9grain bread Roasted Vegetables Mandarin Oranges <i>(Sliced Chicken & Cheese on 9 Grain)</i> Cals469 Fat 7gms Sodium 482mgs Fiber 6.2gms</p>	<p>11 Corn Chowder New England Baked & Broiled Cod, Rye Bread Oven Roasted Potatoes Mixed Vegetables, Pudding <i>(Corned Beef & Swiss on Rye)</i> Cals 518 Fat 7gms Sodium 582mgs Fiber 4gms</p>	<p>12 Pasta & Bean Soup Fried Steak w/Country Gravy Whole Grain Rice Baby Whole Carrots Ice Cream, wheat bread <i>(Turkey Meatloaf on Wheat)</i> Cals 560 Fat 7gms Sodium 589mgs Fiber 4.6</p>	<p>13 Chicken Vegetable Soup Rosemary Chicken Red Bliss Mashed Potatoes Prince Edward Blend Vegetables Fresh Fruit, oatmeal Bread <i>(Seafood Salad on Oatmeal)</i> Cals 523 Fat 6.2gms Sodium 504mgs Fiber 4gms</p>
<p>16 Tomato Brown Rice Soup Shepherd's Pie w/Ketchup Zucchini and Yellow Squash Fig Bar, whole wh. Bread <i>(Buffalo Chicken Salad on Whole Wheat Bread)</i> Cals 520 Fat 8gms Sodium 577mgs Fiber 5gms</p>	<p>17 Beef Noodle Soup Chicken Marsala Garlic Mashed Potatoes Broccoli Cuts Sherbet, Multi Grain Bread <i>(Ham Salad on Multi Grain)</i> Cals 509 Fat 6.5gms Sodium 488mgs Fiber 3.4gms</p>	<p>18 Chicken Escarole Soup Veal & Peas Seasoned Whole Grain Pasta Baby Whole Carrots Fresh Fruit, 12 grain Bread <i>(Hot Dog on a Bun)</i> Cals 587 fat 7.2gms Sodium 535mgs Fiber 5gms</p>	<p>19 <u>Happy Birthday</u> Lentil Soup Pot Roast w/Gravy Mashed Potatoes Green Beans, Marble Bread Frosted Cupcake <i>(Egg Salad on Marble)</i> Cals 590 Fat 8.2gms Sodium 564mgs Fiber 4gms</p>	<p>20 100% Juice Chicken a la King w/Potato & Vegetable Winter Blend Vegetables Mandarin Oranges, Biscuit <i>(Shrimp Salad on Whole Wheat)</i> Cals 488 Fat 6.2gms Sodium 517mgs Fiber 3.3gms</p>
<p>23 Chicken Veg. Soup Roast Pork w/Applesauce Stuffing Fiesta Blend Vegetables Apricot Half, Rye Bread <i>(Turkey & Cheese on Rye)</i> Cals 394 Fat 7.8gms Sodium 510mgs Fiber 4gms</p>	<p>24 Egg Drop Soup Sweet & Sour Chicken Seasoned Brown Rice Asian Blend Vegetables Shortbread Cookie, wh. roll <i>(Bologna & Cheese on Wheat)</i> Cals 492 Fat 8gms Sodium 520mgs Fiber 4.4gms</p>	<p>25 Vegetable Soup Pub Burger w/Au Jus Scalloped Potatoes Sliced Carrots, Diced Peaches Pumpnickel Bread <i>(Chicken Salad on Pumpnickel)</i> Cals 429 Fat 7gms Sodium 518mgs Fiber 3.2gms</p>	<p>26 Clear Chowder Stuffed Sole Wild Rice California Blend Vegetables Fresh Fruit, whole wh. Bread <i>(Meatloaf on Wheat)</i> Cals 520 Fat 7.2gms Sodium 530mgs Fiber 4gms</p>	<p>27 Italian Wedding Soup Meatballs w/Sauce Seasoned Whole Wheat Pasta Peppers & Onions Ice Cream, Italian Bread <i>(Italian Sausage on a Roll)</i> Cals 603 Fat 8.2gms Sodium 573mgs Fiber 4.5gms</p>
<p>30 Chicken Soup Turkey w/Gravy Mashed Potatoes Mixed Vegetables Diced Pears, Wheat Bread <i>(Tuna on Wheat)</i> Cals 564 Fat 7.5gms Sodium 537mgs Fiber 4gms</p>	<p><i>Salad of the month</i> Cals 412 Fat 5gms Sodium 380mgs Fiber 4gms</p>	<p>Thank you for your donations! Your donations help keep the program going.</p> <p><i>All menu items may contain nuts, seeds, beans and wheat bran + other allergens</i></p>	<p><i>Reservations must be made one day in advance</i></p>	<p><u>Salad of the Month</u> Southwest Chicken Black Beans and Corn Tomato-Tortilla Strips Lettuce Mix Creamy Dressing Begins Monday April 2</p>