

\$3.00 Suggested Donation

April 2019

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>1 Chicken Soup Hot Dog Baked Macaroni and Cheese Broccoli Slaw Dinner Roll, Greek Yogurt (Crispy Chicken on Roll) Cals 468 Fat 7gms Sodium 563mgs Fiber 3.5gms</p>	<p>2 Minestrone Soup Chicken A La Orange Oven Roasted Potato Green Beans Whole Grain Bread, Cookie (Meatloaf on Whole Grain) Cals 518 Fat 8gms Sodium 522mgs Fiber 5gms</p>	<p>3 Vegetable Soup American Chop Suey Whole Grain Pasta Roasted Cauliflower Wheat Bread, Fresh Fruit (Seafood Salad on Wheat) Cals 510 Fat 6.7gms Sodium 455mgs Fiber 4gms</p>	<p>4 Turkey Rice Soup Roast Pork Loin w/ Apples Mashed Potatoes Zucchini Rye Bread, Ice Cream (Chicken Salad on Rye) Cals 520 Fat 7.4gms Sodium 532mgs Fiber 3gms</p>	<p>5 Corn Chowder Baked Fish w/ Diced Tom./ Onion, Rice Pilaf Oriental Blend Vegetables Marble Bread, Mand. Oranges (Corned Beef on Marble) Cals 520 Fat 7gms Sodium 582mgs Fiber 6.6gms</p>
<p>8 Venus De Milo Soup Chicken Marsala Seasoned Brown Rice Broccoli Cuts Wheat Bread, Fruit Clusters (Bologna and Cheese on Wheat) Cals 509 Fat 6.5gms Sodium 488mgs Fiber 6gms</p>	<p>9 Clear Chowder Florentine Fish Mashed Potatoes Mixed Vegetables, Rye Bread Crushed Pineapple (Buffalo Chicken Salad on Rye) Cals 529 Fat 6.7gms Sodium 503mgs Fiber 3.8gms</p>	<p>10 Vegetable Soup Turkey with Gravy Apple Stuffing Roasted Root Vegetables Marble Bread, Applesauce (Tuna on Marble) Cals 562 Fat 7.5gms Sodium 532mgs Fiber 4gms</p>	<p>11 Chicken Escarole Soup Shepherd's Pie Baby Whole Carrots Wheat Bread Coffee Cake (Turkey and Swiss on Wheat) Cals 538 Fat 8.4gms Sodium 517mgs Fiber 3.4gms</p>	<p>12 Maryland Crab Soup Baked Ziti Cucumber/Tomato/Onion Salad Italian Bread, Fresh Fruit (Egg Salad on Italian) Cals 490 Fat 7gms Sodium 481mgs Fiber 4gms</p>
<p>15 Ginger Tomato Soup Caribbean Pork Fiesta Rice Mango Slaw Wheat Bread, Pudding (Sliced Chicken /Wheat) Cals 523 Fat 6.6gms Sodium 522mgs Fiber 4gms</p>	<p>16 Cream of Mushroom Soup Chicken Siciliano Whole Grain Pasta Roasted Broccoli Garlic Roll, Fresh Fruit (Ham and Cheese on Rye) Cals 533 Fat 7.3gms Sodium 560mgs Fiber 3.5gms</p>	<p>17 100% Orange Juice Broccoli and Cheese Quiche Baked Tomato Half Mini Muffin, Fruit Cocktail (Roast Beef on Marble) Cals 488 Fat 8gms Sodium 483mgs Fiber 2gms</p>	<p>18 Happy Birthday Onion Soup with Croutons Pot Roast w/Gravy Mashed Potatoes, Gr. Beans Dinner Roll, Fro. Cupcake (Grilled Chicken on Roll) Cals 590 Fat 8.3gms Sodium 564mgs Fiber 4gms</p>	<p>19 Red Chowder Baked Fish with Lemon Roasted Red Potatoes Asparagus Cuts Wheat Bread, Ice Cream (Salami/Cheese on Wheat) Cals 586 Fat 7.2gms Sodium 562mgs Fiber 3gms</p>
<p>22 Easter Dinner Pea Soup Baked Ham / Pineapple Mashed Sweet Potato California Blend Vegetables Wheat Bread, Pears (Italian Tuna on Wheat) Cals 570 Fat 7.2gms Sodium 493mgs Fiber 4.3gms</p>	<p>23 Low Sodium V-8 Juice Beef Stew Green Beans Biscuit Greek Yogurt (Shrimp Salad on Roll) Cals 485 Fat 7.5gms Sodium 483mgs Fiber 2gms</p>	<p>24 Vegetable Soup Pub Burger w/Au Jus Scalloped Potatoes Sliced Carrots Pumpernickel Bread Sliced Peaches (Chicken Salad on Pumpernikl um 518mgs Fiber 3.2gms</p>	<p>25 Beef Barley Soup Airline Chicken Rice Pilaf Apple Cider Slaw Dinner Roll Chocolate Pudding (Italian Grinder) Cals 529 Fat 7.2gms Sodium 515mgs Fiber 4.3gms</p>	<p>26 Italian Wedding Soup Meatballs w/Sauce Seasoned Whole Grain Pasta Peppers & Onions Sliced Italian Bread Ice Cream (Italian Sausage on a Roll) Cals 572 Fat 8gms Sodium 528mgs Fiber 4.5gms</p>
<p>29 Chicken Soup Meatloaf w/Gravy Mashed Potatoes Mixed Vegetables Wheat Bread, Apricots (Hot Dog on Bun) Cals 570 Fat 8gms Sodium 518mgs Fiber 3.3gms</p>	<p>30 Lentil Soup Chicken Cacciatore Whole Grain Pasta Wax Beans Italian Bread, Fresh Fruit (Ham Salad on Italian) Cals 522 Fat 6.4gms Sodium 512mgs Fiber 4.6gms</p>	<p>Thank you for your dona- tions! Your donations help keep the program going. <i>All menu items may contain nuts, seeds, beans and wheat bran + other allergens</i></p>	<p><i>Reservations must be made 24 hours in advance Salad begins April 1st</i></p>	<p>Salad of the Month Egg Salad Tomatoes-Cucumbers Croutons Lettuce Mix Italian Dressing Cals 206 Fat 5gms Sodium 221mgs Fiber 2gms</p>