

# April 2023 Senior Menus

DATE *Note: Menus Subject to Change without Notice*

## #3 Week 3 of Winter Menu Cycle

- 4/3/2023 M Garlic & Herb Chicken, Baked Potato w/Butter & Sour Cream Pack, Green Beans, Mandarin Oranges, Cookie, Milk
- 4/4/2023 Tu Taco Salad w/Ground Beef, Cheese, Red/Green Peppers, Black Beans, Corn, Salsa, Tortilla Shell; Juice, Milk
- 4/5/2023 W Baked Pork Chop, Au Gratin Potatoes, Carrot Coins Seasoned w/Dill, Orange, Milk
- 4/6/2023 Th Chicken Salad Sandwich, Carrot & Raisin Salad, Banana, Juice, Milk
- 4/7/2023 F Lemon Pepper Tilapia, Rice w/Butter Pat, Steamed Broccoli, Pears, Brownie, Milk

## #1 Week 1 of Spring Menu Cycle

- 4/10/2023 M Pork Tenderloin, Sweet Potatoes, Spinach, Juice, Roll w/Butter, Cookie, Milk
- 4/11/2023 Tu Turkey Sub on Roll w/Lettuce, Tomato, Mayo Packet, 3 Bean Salad, Whole Pear, Juice, Milk
- 4/12/2023 W Oven Roasted Chicken Breast, Brown Rice Pilaf, Carrots, Tropical Fruit Mix, Milk
- 4/13/2023 Th Tuna Salad on Bed of Lettuce & Tomato, Broccoli & Cauliflower Salad, Crackers, Banana, Milk
- 4/14/2023 F Salmon Cakes, Mac & Cheese, Broccoli, Applesauce, Juice, Brownie, Milk

## #2

- 4/17/2023 M Macaroni & Cheese w/Grilled Chicken Strips, Stewed Tomatoes, Brussels Sprouts, Pineapple, Cookie, Milk
- 4/18/2023 Tu Ham & Swiss Cheese Wrap w/Lettuce, Tomato, Mayo Packet, Spinach Salad, Pasta Salad, Mandarin Oranges, Milk
- 4/19/2023 W Chicken Pot Pie w/Carrots & Potatoes, Banana, Biscuit w/Butter, Milk
- 4/20/2023 Th Chef Salad w/Hard Boiled Eggs, Turkey, Tomatoes & Mixed Greens, Chickpea Salad, Pineapple, Crackers, Milk
- 4/21/2023 F Pollack Fish w/Mango Salsa, Au Gratin Rice, Broccoli, Whole Pear, Cookie, Milk

## #3

- 4/24/2023 M Meatloaf, Au Gratin Potatoes, Carrots, Juice, Brownie, Milk
- 4/25/2023 Tu Chicken Caesar Salad w/Greens, Croutons & Dressing, Tomato Salad, Mandarin Oranges, Crackers, Milk
- 4/26/2023 W Beef Stuffed Cabbage Rolls w/Rice & Tomato Sauce, Succotash, Malibu Blend Vegetables, Juice, Milk
- 4/27/2023 Th Chicken Salad Sandwich, Asian Slaw, Mandarin Oranges, Milk
- 4/28/2023 F Stuffed Shells w/Cheese & Tomato Sauce, Green Beans, Juice, Garlic Bread, Cookie, Milk

# May 2023 Senior Menus

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## #4

- 5/1/2023 M Chicken & Stuffing Casserole, Peas & Carrots, Orange Slices, Juice, Bread w/Butter, Cookie, Milk
- 5/2/2023 Tu Roast Beef & Spinach Wrap w/Tomato & Mayo Packet, Cucumbers w/Dill Sauce, Peaches, Pasta Salad, Milk
- 5/3/2023 W Pork Piccata, Scalloped Potatoes, Tossed Salad, Fruit Cup, Juice, Milk
- 5/4/2023 Th Taco Salad w/Chicken, Cheese, Peppers, Lettuce, Tomato, Corn, Black Beans & Salsa, Tortilla Chips, Juice, Milk
- 5/5/2023 F Breaded Fish, Rice Pilaf, Stewed Tomatoes, Cucumber & Onion Salad, Diced Pears, Cookie, Milk

## #1

- 5/8/2023 M Pork Tenderloin, Sweet Potatoes, Spinach, Juice, Roll w/Butter, Cookie, Milk
- 5/9/2023 Tu Turkey Sub on Roll w/Lettuce, Tomato, Mayo Packet, 3 Bean Salad, Whole Pear, Juice, Milk
- 5/10/2023 W Oven Roasted Chicken Breast, Brown Rice Pilaf, Carrots, Tropical Fruit Mix, Milk
- 5/11/2023 Th Tuna Salad on Bed of Lettuce & Tomato, Broccoli & Cauliflower Salad, Crackers, Banana, Milk
- 5/12/2023 F Salmon Cakes, Mac & Cheese, Broccoli, Applesauce, Juice, Brownie, Milk

## #2

- 5/15/2023 M Macaroni & Cheese w/Grilled Chicken Strips, Stewed Tomatoes, Brussels Sprouts, Pineapple, Cookie, Milk
- 5/16/2023 Tu Ham & Swiss Cheese Wrap w/Lettuce, Tomato, Mayo Packet, Spinach Salad, Pasta Salad, Mandarin Oranges, Milk
- 5/17/2023 W Chicken Pot Pie w/Carrots & Potatoes, Banana, Biscuit w/Butter, Milk
- 5/18/2023 Th Chef Salad w/Hard Boiled Eggs, Turkey, Tomatoes & Mixed Greens, Chickpea Salad, Pineapple, Crackers, Milk
- 5/19/2023 F Pollack Fish w/Mango Salsa, Au Gratin Rice, Broccoli, Whole Pear, Cookie, Milk

## #3 \* Friday 5/26 Memorial Day Special Meal

- 5/22/2023 M Meatloaf, Au Gratin Potatoes, Carrots, Juice, Brownie, Milk
- 5/23/2023 Tu Chicken Caesar Salad w/Greens, Croutons & Dressing, Tomato Salad, Mandarin Oranges, Crackers, Milk
- 5/24/2023 W Beef Stuffed Cabbage Rolls w/Rice & Tomato Sauce, Succotash, Malibu Blend Vegetables, Juice, Milk
- 5/25/2023 Th Chicken Salad Sandwich, Asian Slaw, Mandarin Oranges, Milk
- 5/26/2023 F \* *Hamburger w/Lettuce & Tomato on Bun, Green Bean Salad, Summer Squash, Baked Beans, Cake, Milk*

## #4

- 5/29/2023 M COA Closed - Memorial Day Observed
- 5/30/2023 Tu No Home Delivered Meals on Monday, 5/29/2023
- 5/31/2023 W Pork Piccata, Scalloped Potatoes, Tossed Salad, Fruit Cup, Juice, Milk
- 6/1/2023 Th Taco Salad w/Chicken, Cheese, Peppers, Lettuce, Tomato, Corn, Black Beans & Salsa, Tortilla Chips, Juice, Milk
- 6/2/2023 F Breaded Fish, Rice Pilaf, Stewed Tomatoes, Cucumber & Onion Salad, Diced Pears, Cookie, Milk

# June 2023 Senior Menus

DATE *Note: Menus Subject to Change without Notice*

## #4

- 5/29/2023 M COA Closed - Memorial Day Observed  
5/30/2023 Tu No Home Delivered Meals on Monday, 5/29/2023  
5/31/2023 W Pork Piccata, Scalloped Potatoes, Tossed Salad, Fruit Cup, Juice, Milk  
6/1/2023 Th Taco Salad w/Chicken, Cheese, Peppers, Lettuce, Tomato, Corn, Black Beans & Salsa, Tortilla Chips, Juice, Milk  
6/2/2023 F Breaded Fish, Rice Pilaf, Stewed Tomatoes, Cucumber & Onion Salad, Diced Pears, Cookie, Milk

## #1

- 6/5/2023 M Pork Tenderloin, Sweet Potatoes, Spinach, Juice, Roll w/Butter, Cookie, Milk  
6/6/2023 Tu Turkey Sub on Roll w/Lettuce, Tomato, Mayo Packet, 3 Bean Salad, Whole Pear, Juice, Milk  
6/7/2023 W Oven Roasted Chicken Breast, Brown Rice Pilaf, Carrots, Tropical Fruit Mix, Milk  
6/8/2023 Th Tuna Salad on Bed of Lettuce & Tomato, Broccoli & Cauliflower Salad, Crackers, Banana, Milk  
6/9/2023 F Salmon Cakes, Mac & Cheese, Broccoli, Applesauce, Juice, Brownie, Milk

## #2

- 6/12/2023 M Macaroni & Cheese w/Grilled Chicken Strips, Stewed Tomatoes, Brussels Sprouts, Pineapple, Cookie, Milk  
6/13/2023 Tu Ham & Swiss Cheese Wrap w/Lettuce, Tomato, Mayo Packet, Spinach Salad, Pasta Salad, Mandarin Oranges, Milk  
6/14/2023 W Chicken Pot Pie w/Carrots & Potatoes, Banana, Biscuit w/Butter, Milk  
6/15/2023 Th Chef Salad w/Hard Boiled Eggs, Turkey, Tomatoes & Mixed Greens, Chickpea Salad, Pineapple, Crackers, Milk  
6/16/2023 F Pollack Fish w/Mango Salsa, Au Gratin Rice, Broccoli, Whole Pear, Cookie, Milk

## #3

- 6/19/2023 M COA Closed - Juneteenth Observed  
6/20/2023 Tu No Home Delivered Meals on Monday, 6/19/2023  
6/21/2023 W Beef Stuffed Cabbage Rolls w/Rice & Tomato Sauce, Succotash, Malibu Blend Vegetables, Juice, Milk  
6/22/2023 Th Chicken Salad Sandwich, Asian Slaw, Mandarin Oranges, Milk  
6/23/2023 F Stuffed Shells w/Cheese & Tomato Sauce, Green Beans, Juice, Garlic Bread, Cookie, Milk

## #4

- 6/26/2023 M Chicken & Stuffing Casserole, Peas & Carrots, Orange Slices, Juice, Bread w/Butter, Cookie, Milk  
6/27/2023 Tu Roast Beef & Spinach Wrap w/Tomato & Mayo Packet, Cucumbers w/Dill Sauce, Peaches, Pasta Salad, Milk  
6/28/2023 W Pork Piccata, Scalloped Potatoes, Tossed Salad, Fruit Cup, Juice, Milk  
6/29/2023 Th Taco Salad w/Chicken, Cheese, Peppers, Lettuce, Tomato, Corn, Black Beans & Salsa, Tortilla Chips, Juice, Milk  
6/30/2023 F Breaded Fish, Rice Pilaf, Stewed Tomatoes, Cucumber & Onion Salad, Diced Pears, Cookie, Milk