

# April 2018

Monday	Tuesday	Wednesday	Thursday	Friday
<b>2</b>	<b>3</b>	<b>4</b>	<b>5</b>	<b>6</b>
Hamburger Chili 1	Roast Beef	Creamed Chicken .5	Roast Turkey	Chicken Tenders 0.5
Spinach Salad	Mashed Potatoes & Gravy 1	Over Biscuits 1	Candied Sweet Potatoes 2	Duchess Potatoes 1
Cinnamon Breadstick 1	Brussels Sprouts	Mixed Vegetables .5	Broccoli	Green Beans
Pears 1	Apricots 1	Plums 1	Pineapple 1	Banana 2
Crackers 1	M&M Cookie 1	Cherry Supreme Salad 2	Strawberries 1	Yellow Cake w/ Frosting 2
<b>9</b>	<b>10</b>	<b>11</b>	<b>12</b>	<b>13</b>
Chicken Fried Steak 0.5	Taco Salad 0.5	Salmon Loaf	<b>Cook's Choice OR</b>	Deli Turkey Sandwich 1.5
Mashed Potatoes 1	Tortilla Chips 0.5	Creamed Peas & Carrots 1	Scrambled Eggs & Turkey Sausage	w/ Lettuce & Tomato
Spinach	Salsa	Parslied Potatoes 1	Hash Browns 1	Potato Salad 1
Cinnamon Applesauce 1	Fiesta Corn 1	Tropical Fruit 1	Banana 2	Peaches 1
Mandarin Oranges 1	Fruit Cocktail 1	Spice Cake 1	Blueberry Coffee Cake 1.5	Peanut Butter Cookie 1
<b>16</b>	<b>17</b>	<b>18</b>	<b>19</b>	<b>20</b>
BBQ Beef Sandwich 1.5	Oven Fried Chicken	Smothered Pork Chop	Baked Tilapia	Pot Roast w/
Sweet Potato Fries 1	Mashed Potatoes w/ Gravy 1	Cheesy Texas Potatoes 2	Garden Rice 1.5	Roasted Vegetables 2
Corn 1	Garden Mixed Vegetables 1	Lima Beans	Asparagus	Peaches 1
Pineapple 1	Strawberries 1	Apricots 1	Mandarin Oranges 1	Raisin Bread Pudding 2
	Vanilla Pudding 1.5	Rosy Pears 1	Applesauce Bar 1.5	
<b>23</b>	<b>24</b>	<b>25</b>	<b>26</b>	<b>27</b>
Beefy Noodles 1.5	Chicken Tetrazzini 1.5	Beef Stew 1	Ham Loaf 0.5	<b>Cook's Choice OR</b>
Roasted Red Potatoes 1	Carrots	Tropical Fruit 1	Mashed Potatoes 1	Baked Fish
Peas 1	Cinnamon Pears 1	Apple Crisp Dessert 2	Broccoli	Baked Beans 1
Pineapple 1	Bananas in Cherry Gelatin 2	Crackers 1	Strawberries 1	Harvard Beets 1
Plums 1			Chocolate Cake 2	Fruit Cocktail 1
				Oatmeal Cookie 1
<b>30</b>				
Liver & Onions		515-993-4531 #4		
Whipped Potatoes 1		515-465-2300 #4		
Riviera Blend Vegetables				
Dinner Roll 1				
Rosy Applesauce 1				

\*\*Milk offered with all meals. All meals meet 1/3 of the Recommended Dietary Allowances (RDA) for older adults. The number after the food item denotes the carbohydrate count for those with diabetes. Cook's Choice days do not have carbohydrate count labeled.

  
Stephanie Labenz MS, RD,