

April 2019 Monday	Congregate Meal Program Tuesday	Suggested Donation \$2.25 Wednesday	Thursday	Friday
1) Meatball Stroganoff w/buttered noodles, steamed beets, cantaloupe & oatmeal bread Cal: 631; Sod: 648	2) Hoisin Chicken Stir-Fry w/fried rice, Asian veggie blend, chilled pine- apple, wheat roll Cal: 604; Sod: 1034	3) Salisbury Steak w/whipped potato, corn, vanilla pudding, white bread Cal: 688; Sod: 928 <u>Café:</u> Irish bangers & mash=sausages w/mashed potato's & onion gravy	4) Lasagna w/marinara sauce, broccoli, kale & white bean soup, crackers, raisins & Vien- na bread Cal: 688; Sod: 843	5) Potato Pollock w/tartar sauce, roasted red bliss, tomato soup, crackers, fruit crisp & wheat bread Cal:763; Sod:897 <u>Café:</u> Pier 17 fish=lemon pepper fish w/roasted red potatoes & green beans
8) Chicken Mirabella w/ red cabbage, rustic cut potatoes, brownie & oat- meal bread Cal: 966; Sod: 864	9) Red Sox Opening Day: Hot Dog a/mustard, relish, carrots, baked beans, mandarin oranges & hot dog roll	10) Chicken Cordon Blu w/green beans, veggie orzo soup, crackers, cantaloupe, wheat roll Cal: 741; Sod: 1163 <u>Café:</u> Homemade chicken veggie rice soup w/crusty roll	11) Spring Celebration Seafood Bake w/Newburg sauce, paella style rice, zucchini & sum- mer squash, white chocolate mousse & pull apart roll. Cal: 620; Sod: 907	12) Stuffed Shells w/marinara sauce, roasted cauliflower, minestrone soup, crackers, chilled peaches & wheat bread Cal: 635; Sod: 1186 <u>Café:</u> Homemade Vegetable & cheese quiche w/ a tossed salad
15) Patriot's Day Senior Center Closed	16) Travel Chef Taco Bar: soft shell, shred- ded chicken, red beans & rice, shredded cheese, sour cream, pico de gallo, guacamole, let- tuce & tres leches cake	17) American Chop Suey w/garlic spinach, mandarin oranges & dinner roll. Cal: 741; Sod: 763 <u>Café:</u> Fresh Chicken Salad w/almonds & cranberry on fresh roll served w/ chips & a pickle	18) Roasted Turkey w/ gravy, butternut squash soup, whipped potatoes, cranberry sauce, marble cake & oatmeal bread	19) Broccoli & Cheese Egg Bake w/red bliss potatoes, maple glazed carrots, yogurt & juice & raisin bread Cal: 874; Sod: 904
22) Meatloaf w/gravy, whipped potatoes, herbed zucchini, applesauce & par- ker house roll Cal: 645; Sod: 828	23) Meatball Sub w/ marinara sauce, sweet potato wedges, cauliflow- er, cheddar soup, crack- ers, fresh fruit & sub roll: Cal: 900; Sod: 1312	24) Chicken Pot Pie w/red bliss pota- toes, yogurt & juice, snack & loaf Cal: 841; Sod: 970 <u>Café:</u> Pork Chop w/rice, in a savory French onion sauce served w/ a crusty roll	25) Pot Roast w/gravy, whipped potatoes, barley & veggie soup, crackers, lemon square & multigrain bread Cal: 741; Sod: 740	26) Balsamic Chicken w/rice pilaf, peas, chilled fruit & oat- meal bread Cal: 684; Sod: 905 <u>Café:</u> Hot Dog on a roll w/ beans
29)Honey Rosemary Pork w/ roasted sweet potatoes, mushroom soup, crackers, applesauce & multi grain bread Cal: 689; Sod: 856	30) Cranberry Orange Glazed Chicken w/wild rice blend, mixed veggies, pineapple & oatmeal bread Cal: 610; Sod: 615			