

MENUS WITH MORE THAN 2300 MG OF SODIUM FOR THE DAY (CONDIMENTS NOT INCLUDED)

A NONPROFIT SERVING ORANGE COUNTY'S OLDER ADULTS

## MONDAY

## TUESDAY

## WEDNESDAY

## THURSDAY

## FRIDAY

|   |   |  |   |   |
|---|---|--|---|---|
| <p><b>CHICKEN PARMIGIANA</b><br/>SPAGHETTI &amp; SAUCE<br/>SPINACH<br/>TOSSED SALAD WITH DRESSING<br/><b>EGG SALAD SANDWICH</b><br/>WHEAT BREAD<br/>FRESH FRUIT<br/>VANILLA PUDDING</p> <p style="text-align: right;"><b>1</b></p>        | <p><b>SALISBURY STEAK &amp; GRAVY</b><br/>BAKED POTATO<br/>HARVARD BEETS<br/><b>CHEESE CANNELLONI</b><br/>GREEN BEANS<br/>PEAS &amp; CARROTS<br/>APPLESAUCE<br/>CHOCOLATE CHIP COOKIES</p> <p style="text-align: right;"><b>2</b></p>             | <p><b>BREADED CHICKEN PATTY &amp; GRAVY</b><br/>CALIFORNIA BLEND<br/>BROCCOLI<br/><b>MACARONI, CHEESE &amp; HAM</b><br/>CREAMED SPINACH<br/>CORN<br/>ORANGE JUICE<br/>APPLESAUCE</p> <p style="text-align: right;"><b>3</b></p>  | <p><b>ROAST BEEF &amp; GRAVY</b><br/>MASHED POTATOES<br/>CHUCKWAGON CORN<br/><b>TURKEY SANDWICH ON WHEAT BREAD</b><br/>COLESLAW<br/>GRAHAM CRACKERS<br/>FRESH FRUIT</p> <p style="text-align: right;"><b>4</b></p>                  | <p><b>FISH FILET IN DILL SAUCE</b><br/>BROWN RICE<br/>CREAMED SPINACH<br/><b>SWEDISH MEATBALLS OVER NOODLES</b><br/>MIXED VEGETABLES<br/>PEAS<br/>OATMEAL COOKIES<br/>TAPIOCA PUDDING</p> <p style="text-align: right;"><b>5</b></p>              |
| <p><b>CANNELLONI</b><br/>ITALIAN GREEN BEANS<br/>BUTTERED CARROT COINS<br/><b>BREADED FISH FILETS</b><br/>CUBED POTATOES<br/>MIXED VEGETABLES<br/>BANANA</p> <p style="text-align: right;"><b>8</b></p>                                   | <p><b>SPAGHETTI &amp; MEATBALLS</b><br/>BROCCOLI<br/>ITALIAN BLEND VEGETABLES<br/><b>PINEAPPLE GLAZED HAM</b><br/>MASHED POTATOES<br/>GREEN BEANS<br/>RASPBERRY GELATIN</p> <p style="text-align: right;"><b>9</b></p>                            | <p><b>SALISBURY STEAK &amp; GRAVY</b><br/>BAKED POTATO<br/>HARVARD BEETS<br/><b>BAKED CHICKEN OVER RICE</b><br/>MASHED POTATOES<br/>BROCCOLI<br/>GRAHAM CRACKERS<br/>FRESH FRUIT</p> <p style="text-align: right;"><b>10</b></p> | <p><b>POLISH SAUSAGE</b><br/>COUNTRY STYLE HASH BROWNS<br/>SAUERKRAUT<br/>ORANGE JUICE<br/><b>CAESAR SALAD</b><br/>HARD BOILED EGG<br/>WHEAT BREAD<br/>FRESH FRUIT</p> <p style="text-align: right;"><b>11</b></p>                  | <p><b>BARBEQUE CHICKEN</b><br/>BAKED SWEET POTATO<br/>SUCCOTASH<br/>TOSSED SALAD WITH DRESSING<br/><b>TURKEY SANDWICH ON WHEAT BREAD</b><br/>SUGAR COOKIES<br/>APPLESAUCE</p> <p style="text-align: right;"><b>12</b></p>                         |
| <p><b>SWISS STEAK AND GRAVY</b><br/>MASHED POTATOES<br/>CAPRI BLEND VEGETABLES<br/><b>TUNA SALAD SANDWICH ON WHEAT BREAD</b><br/>FRESH FRUIT<br/>CHOCOLATE CHIP COOKIES</p> <p style="text-align: right;"><b>15</b></p>                   | <p><b>SPAGHETTI &amp; MEATBALLS</b><br/>CORN<br/>ITALIAN BLEND<br/><b>PORK IN SAVORY HARVEST SAUCE</b><br/>BROWN RICE<br/>BROCCOLI<br/>PEARS<br/>CHOCOLATE CAKE<br/>ORANGE PINEAPPLE JUICE</p> <p style="text-align: right;"><b>16</b></p>        | <p><b>PORK RIBLET</b><br/>POTATOES O'BRIEN<br/>MIXED VEGETABLES<br/><b>TERIYAKI MEATBALLS OVER RICE</b><br/>GREEN BEANS<br/>CARROTS<br/>WHEAT BREAD<br/>CHOCOLATE PUDDING</p> <p style="text-align: right;"><b>17</b></p>        | <p><b>BAKED CHICKEN</b><br/>SCALLOPED POTATOES<br/>CARROTS<br/><b>ROTINI IN MEAT SAUCE</b><br/>MIXED VEGETABLES<br/>ITALIAN GREEN BEANS<br/>ORANGE JUICE<br/>FRUITED GELATIN</p> <p style="text-align: right;"><b>18</b></p>        | <p><b>GLAZED HAM</b><br/>SWEET POTATOES<br/>LIMA BEANS<br/><b>CHICKEN FAJITAS</b><br/>PEPPERS &amp; ONIONS<br/>BROCCOLI<br/>APPLE BETTY<br/>ORANGE PINEAPPLE JUICE<br/>GRAHAM CRACKERS<br/>ÉCLAIR</p> <p style="text-align: right;"><b>19</b></p> |
| <p><b>SLICED TURKEY AND GRAVY</b><br/>CORN<br/>PEAS<br/><b>MEATLOAF WITH BROWN GRAVY</b><br/>MASHED POTATOES<br/>CALIFORNIA BLEND<br/>WHEAT BREAD<br/>PEARS</p> <p style="text-align: right;"><b>22</b></p>                               | <p><b>FISH FILET IN LEMON SAUCE</b><br/>BROWN RICE<br/>CARROTS<br/>ORANGE JUICE<br/><b>EGG SALAD SANDWICH ON WHEAT BREAD</b><br/>COLESLAW<br/>FRESH FRUIT<br/>APPLE PIE</p> <p style="text-align: right;"><b>23</b></p>                           | <p><b>MACARONI, HAM &amp; CHEESE</b><br/>SPINACH<br/>BAKED TOMATO HALF<br/><b>SWEDISH MEATBALLS OVER EGG NOODLES</b><br/>MIXED VEGETABLES<br/>PEAS<br/>OATMEAL COOKIES</p> <p style="text-align: right;"><b>24</b></p>           | <p><b>TURKEY MEATLOAF WITH TOMATO SAUCE</b><br/>MASHED POTATOES<br/>BROCCOLI<br/><b>HAM SALAD SANDWICH ON WHEAT BREAD</b><br/>TOMATOES WITH DRESSING<br/>POUND CAKE<br/>FRESH FRUIT</p> <p style="text-align: right;"><b>25</b></p> | <p><b>TURKEY ENCHILADA</b><br/>CHUCKWAGON CORN<br/>BROWN RICE<br/><b>CAESAR SALAD</b><br/>HARD BOILED EGG<br/>WHEAT BREAD<br/>PEACHES</p> <p style="text-align: right;"><b>26</b></p>   |
| <p><b>BEEF STEAK W/ ONION GRAVY</b><br/>MASHED POTATOES<br/>GREEN BEANS<br/><b>CHICKEN RANCHERO</b><br/>SPANISH RICE<br/>PINTO BEANS<br/>MIXED VEGETABLES<br/>SLICED PEARS<br/>POUND CAKE</p> <p style="text-align: right;"><b>29</b></p> | <p><b>MACARONI &amp; CHEESE</b><br/>BROCCOLI<br/>BAKED TOMATO HALF<br/><b>TUNA SANDWICH ON WHOLE WHEAT BREAD</b><br/>TOSSED SALAD WITH DRESSING<br/>ORANGE JUICE<br/>APPLESAUCE<br/>FRUITY YOGURT</p> <p style="text-align: right;"><b>30</b></p> |  <h1 style="font-size: 100px; margin: 0;">April 2019</h1>  |   |   |

