

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**

# April 2021



<p><b>SPAGHETTI MEATBALLS</b> BROCCOLI ITALIAN BLEND VEGETABLES <b>PINEAPPLE GLAZED HAM</b> MASHED POTATOES GREEN BEANS VANILLA PUDDING</p> <p style="text-align: right;"><b>5</b></p>		<p><b>BARBEQUE CHICKEN</b> BAKED SWEET POTATO SUCCOTASH TOSSED SALAD WITH DRESSING <b>TURKEY ALA KING</b> PEAS CARROTS SUGAR COOKIES APPLESAUCE</p> <p style="text-align: right;"><b>6</b></p>		<p><b>CANNELLONI</b> ITALIAN GREEN BEANS BUTTERED CARROT COINS <b>BREADED FISH FILETS</b> CUBED POTATOES MIXED VEGETABLES BANANA</p> <p style="text-align: right;"><b>7</b></p>		<p><b>CHICKEN PARMIGIANA</b> SPAGHETTI &amp; SAUCE SPINACH <b>BEEF STROGANOFF WITH EGG NOODLES</b> CARROTS PEAS APPLES VANILLA PUDDING</p> <p style="text-align: right;"><b>1</b></p>		<p><b>SALISBURY STEAK &amp; GRAVY</b> BAKED POTATO HARVARD BEETS <b>CHEESE CANNELLONI</b> GREEN BEANS PEAS &amp; CARROTS WHEAT BREAD APPLESAUCE CHOCOLATE CHIP COOKIES</p> <p style="text-align: right;"><b>2</b></p>			
		<p><b>SLICED TURKEY AND GRAVY</b> CORN PEAS <b>MEATLOAF WITH BROWN GRAVY</b> MASHED POTATOES CALIFORNIA BLEND PEARS</p> <p style="text-align: right;"><b>12</b></p>		<p><b>FISH FILET IN LEMON SAUCE</b> BROWN RICE CARROTS ORANGE JUICE <b>CHEESE LASAGNA</b> GREEN BEANS MIXED VEGETABLES FRESH FRUIT CHOCOLATE PUDDING</p> <p style="text-align: right;"><b>13</b></p>		<p><b>MACARONI, HAM &amp; CHEESE</b> SPINACH BAKED TOMATO HALF <b>SWEDISH MEATBALLS OVER EGG NOODLES</b> MIXED VEGETABLES PEAS OATMEAL COOKIES</p> <p style="text-align: right;"><b>14</b></p>		<p><b>POLISH SAUSAGE</b> COUNTRY STYLE HASH BROWNS SAUERKRAUT ORANGE JUICE <b>MACARONI SHELLS WITH MEAT SAUCE</b> ITALIAN BLEND VEGETABLES FRESH FRUIT</p> <p style="text-align: right;"><b>8</b></p>		<p><b>SALISBURY STEAK &amp; GRAVY</b> BAKED POTATO HARVARD BEETS <b>BAKED CHICKEN OVER RICE</b> MASHED POTATOES BROCCOLI GRAHAM CRACKERS FRESH FRUIT</p> <p style="text-align: right;"><b>9</b></p>	
<p><b>PORK RIBLET</b> POTATOES O'BRIEN MIXED VEGETABLES <b>TERIYAKI MEATBALLS OVER RICE</b> GREEN BEANS CARROTS WHEAT BREAD CHOCOLATE PUDDING</p> <p style="text-align: right;"><b>19</b></p>		<p><b>SWISS STEAK AND GRAVY</b> MASHED POTATOES CAPRI BLEND VEGETABLES <b>TUNA NOODLE CASSEROLE</b> PEAS CREAMED CORN WHEAT BREAD FRESH FRUIT CHOCOLATE CHIP COOKIES</p> <p style="text-align: right;"><b>20</b></p>		<p><b>GLAZED HAM</b> SWEET POTATOES LIMA BEANS <b>CHICKEN FAJITAS</b> PEPPERS &amp; ONIONS BROCCOLI APPLE BETTY ORANGE PINEAPPLE JUICE GRAHAM CRACKERS POUND CAKE</p> <p style="text-align: right;"><b>21</b></p>		<p><b>BAKED CHICKEN</b> SCALLOPED POTATOES CARROTS <b>ROTINI IN MEAT SAUCE</b> MIXED VEGETABLES ITALIAN GREEN BEANS ORANGE JUICE CHOCOLATE PUDDING</p> <p style="text-align: right;"><b>22</b></p>		<p><b>TURKEY ENCHILADA</b> CHUCKWAGON CORN BROWN RICE <b>BAKED CHICKEN OVER BROWN RICE</b> MASHED POTATOES BROCCOLI WHEAT BREAD PEACHES</p> <p style="text-align: right;"><b>15</b></p>		<p><b>TURKEY MEATLOAF WITH TOMATO SAUCE</b> MASHED POTATOES BROCCOLI <b>MACARONI AND CHEESE</b> SPINACH CORN POUND CAKE FRESH FRUIT WHEAT BREAD</p> <p style="text-align: right;"><b>16</b></p>	
<p><b>BEEF STEAK W/ ONION GRAVY</b> MASHED POTATOES GREEN BEANS <b>CHICKEN RANCHERO</b> SPANISH RICE PINTO BEANS MIXED VEGETABLES SLICED PEARS POUND CAKE</p> <p style="text-align: right;"><b>26</b></p>		<p><b>MACARONI &amp; CHEESE</b> BROCCOLI BAKED TOMATO HALF <b>FISH STICKS</b> MASHED POTATOES MIXED VEGETABLES WHEAT BREAD APPLESAUCE ORANGE JUICE</p> <p style="text-align: right;"><b>27</b></p>		<p><b>BBQ BEEF</b> BAKED BEANS HASH BROWNS <b>CHEESE CANNALONI</b> GREEN BEANS PEAS AND CORN OATMEAL COOKIES FRUIT COCKTAIL</p> <p style="text-align: right;"><b>28</b></p>		<p><b>ROTINI IN A SAVORY MEAT SAUCE</b> ITALIAN BLEND VEGETABLES SPINACH <b>CHICKEN CORDON BLEU</b> BROWN RICE CALIFORNIA BLEND VEGETABLES CORN SUGAR COOKIES</p> <p style="text-align: right;"><b>29</b></p>		<p><b>CHICKEN FETTUCCINI</b> GREEN BEANS HARVARD BEETS <b>CHILI</b> GREEN PEAS CORN &amp; CARROTS ORANGE JUICE CHOCOLATE CHIP COOKIES</p> <p style="text-align: right;"><b>30</b></p>			

