

**FOR SENIORS 60 YEARS AND OLDER
& SPOUSES UNDER 60 YEARS.
FOR CONGREGATE MEALS,
MAKE RESERVATIONS AT LEAST ONE DAY IN ADVANCE**

En espanol: 525-0143 x 134 OFFICE: 525-0383



CAFÉ MENU

APRIL 2017

For seniors 60 years and older & spouses under 60 years.

It costs \$ 7.00 to produce each meal. A \$ 4.00 donation per meal is suggested, but any amount is appreciated.

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
3	4	5	6	7
Kung Poa Beef Brown Rice Pilaf Steamed Broccoli Apple	Irish Beef Stew Wheat Roll Peas & Carrots Pineapple - Fresh	Pork W/ Winter Vegetables Brown Rice Pilaf Lemon Glazed Broccoli Fresh Pineapple	Macaroni & cheese w/ Chicken Mixed Vegetables Kiwi	Salisbury Steak Dirty Mashed Potatoes Italian Vegetables Pear Wheat Roll
10	11	12	13	14
Chicken Ala King Green Peas Tangerine Wheat Roll	Pork and Mushroom Barley & Mushroom Pilaf Parsnips & Celery Root Cantaloupe *	Chicken w/ Winter Vegetables Tomato Sauce Brown Rice Pilaf Fresh Pineapple	Stuffed Bell Pepper w/ Ground Beef Summer Squash Grapes Couscous	Pork Loin Hawaiian Style Stir Fry Vegetables Coconut Rice Tangerine
17	18	19	20	21
Shepard's Pie Brown Rice Pilaf Peas & Carrots Fresh Pineapple	Pork in Balsamic Cherry Sauce Couscous in chicken stock Broccoli Popcorn Apple	Harvest Chicken w/Apples Stewed Collard Greens Whole Wheat Penne Pasta Orange	Beef & Spinach Cannelloni Italian Vegetables Honey Dew Melon Wheat Roll	Pork Verde w/ Spanish Rice Steamed Broccoli Pear
24	25	26	27	28
Beefaroni w/ Whole Wheat Pasta Lemon Glazed Broccoli Orange	Quiche Loraine Italian Vegetables Wheat Roll Apple	5 Spice Chicken Brown Rice Pilaf Normandy Blend Vegetables Cantaloupe	Sloppy Joe w/ Wheat Bun Seasoned Zucchini Orange	Seared Pork Chop Seasoned Spinach Whole Wheat Penne Pasta Honey Dew Melon
		Menu Subject to Change Without Notice All Meals Contain 8 oz. Low Fat Milk		

For answers to your nutrition questions: Call Council On Aging's Dietitian, at 525-0143, ext. 130