

SENIOR IN-CENTER APRIL LUNCH 2026

Monday	Tuesday	Wednesday	Thursday	Friday
		 <p>1 BBQ Pork Rib-B-Q Sand. (2.5oz@2oz Meat Eq.) On Whole Wheat Bun 1 ea. +Coleslaw 3/4 c. Diced Peaches 1/2c. 1/2pt 1% White Milk 1ea.</p>	<p>2 Beef SalisburySteak1ea (3 oz.@12g Pro) with gravy 1 oz WWDinner Roll 1 ea. *Mashed Potato 1/2c. +Hi C Salad 1 Cup Diced Pears 1/2c. 1/2pt 1% White Milk 1ea.</p>	<p>3 Orange Chicken (3.6 oz.@2 oz. Meat Eq.) #10 scoop WG Wild Rice 1/2 c. *Broccoli 1/2c. **Apricots 1/2c. 1/2pt 1% White Milk 1ea.</p>
<p>6 Swiss Bf.Patty1 ea. (2.25oz. @2oz Meat Eq.) WWDinner Roll 1 ea. Margarine 1ea. Italian Veg.1/2c. +Mandarin Oranges 1/2c 1/2pt 1% White Milk 1ea.</p>	<p>7 Tandoori Chicken Thigh 1 ea. (4oz.@19g Pro.) Rice, Black 1/2 c. **Calif. Mix Veg. 1/2c. +Cantaloupe Chunks 1/2 cup 1/2pt 1% White Milk 1ea.</p>	 <p>8 Frankfurter 1ea. (Beef 2 oz. Meat Eq) on WG Hot Dog Bun 1 ea. Mustard 1 ea. Ketchup 1 ea. *Broccoli Salad 1/2c. Diced Peaches 1/2c. 1/2pt 1% White Milk 1ea.</p>	<p>9 **Hearty Braised (2.5oz Beef @ 14g Pro) Beef & Veg. 1 cup WWDinner Roll 1 ea. +Hi C Salad 1 Cup *Orange, Fresh 1 ea. 1/2pt 1% White Milk 1ea.</p>	<p>10 WGBrd.Fish 1ea. (3.6oz.@2 oz. Meat Eq. & 1 oz. Grain Eq.) WG Rice Blend 1 c. *Brussel Sprouts 1/2c. **Apricots 1/2c. 1/2pt 1% White Milk 1ea.</p>
<p>13 Pork Rib-B-Q1ea (2.5oz@2oz Meat Eq.) w/ gravy 1 oz. WG Egg Noodle 1/2c. Corn saute w/ pepper & onions 1/2c. +Mandarin Oranges 1/2c 1/2pt 1% White Milk 1ea.</p>	<p>14 *Beef Broccoli 6oz (Beef 2.5oz@15g Pro) Rice, Black 1/2 c. **Sweet Potato Cut 1/2c. Mixed Fruit 1/2c. 1/2pt 1% White Milk 1ea.</p>	<p>15 Build Your Own Burrito WG 6" Flour Tortilla 1ea Beef Barbacoa shred 3oz. (14g Pro) w/ Pepp. & onion@ 4 oz. ea. Shred. Cheese 1/2 oz. +Cabbage and Cilantro 1/2c Honeydew Chunk 1/2 c. 1/2pt 1% White Milk 1ea.</p>	<p>16 **Lentil Spinach Soup 1c. (1/2 c. Lentil @16g Pro) WWDinner Roll 1 ea. +Hi C Salad 1 Cup Pineapple Tidbits 1/2c. 1/2pt 1% White Milk 1ea.</p>	<p>17 Bk Chicken Drum. 2ea (8 oz.@42g Pro.) WG Wild Rice 1/2 c. **Calif. Mix Veg. 1/2c. *Orange, Fresh 1 ea. 1/2pt 1% White Milk 1ea.</p>
<p>20 Vegetable Chili 1/2c. (Pinto 8g Pro) WWDinner Roll 1 ea. *Broccoli 1/2c. **Apricots 1/2c. 1/2pt 1% White Milk 1ea.</p>	<p>21 Pork Chili Verde 1/2 c. (2.4oz@13.36gm Pro) WG 6" Flour Tortilla 1ea Greenbeans w/red peppers 1/2c. +Mandarin Oranges 1/2c 1/2pt 1% White Milk 1ea.</p>	<p>22 Hamburger on Bun Beef Patty (2.25oz @13g Pro) 1ea WG Hamburger Bun 1 ea. Cheese 1 sl. Tomato, Lettuce, Onion 1 ea. +Hi C Salad 1 Cup Pineapple Tidbits 1/2c. 1/2pt 1% White Milk 1ea.</p>	<p>23 Chicken Breast 1ea (3oz.@13g Pro) w/ w/roasted mushroom sauce 2 oz. WG Barley 1/2 c. *Brussel Sprouts 1/2c. Mixed Fruit 1/2c. 1/2pt 1% White Milk 1ea.</p>	<p>24 WGBrd.Fish 1ea. (3.6oz.@2 oz. Meat Eq. & 1 oz. Grain Eq.) WG Rice Blend 1 c. **Calif. Mix Veg. 1/2c. *Orange, Fresh 1 ea. 1/2pt 1% White Milk 1ea.</p>
<p>27 Chicken Meatballs 3ea. (3oz. @14g Pro) w/ gravy 1oz. WG Egg Noodle 1/2c. **Peas & Carrots 1/2c. +Mandarin Oranges 1/2c 1/2pt 1% White Milk 1ea.</p>	 <p>28 Sandwich, Tuna Slid. (2oz @13g Pro. & .5 oz egg & 2oz veg.) @1/2 c. ea. on WW Bread 2 sl. **Minestrone Soup 6oz. +Cantaloupe Chunks 1/2 cup 1/2pt 1% White Milk 1ea.</p>	<p>29 Beef Meatloaf 1ea. (3.15 oz@2.25oz Meat Eq.) w/gravy 1oz. WWDinner Roll 1 ea. +Hi C Salad 1 Cup **Apricots 1/2c. 1/2pt 1% White Milk 1ea.</p>	<p>30 Ranch Beans 1/2c. (Pinto 6g Pro) Shred. Cheese 1/2 oz. WG Wild Rice 1/2 c. Italian Veg.1/2c. *Orange, Fresh 1 ea. 1/2pt 1% White Milk 1ea.</p>	

*Vitamin C everyday
**Vitamin A 2-3x/week
+ Vitamin C & A