






APRIL 2019 SENIOR MENU



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
1 Santa Fe Chicken Thigh Steamed Carrots Tortilla Tropical Fruit	2 Polish Sausage Dog on a Wheat Bun  Pickled Beets Sliced Apples	3 Pepper Steak W/Gravy Mashed Potatoes Caesar Salad Dinner Roll Pineapple Bits	4 Fettuccini Alfredo W/Chicken Hi C Salad Sourdough Bread Diced Pears	5 Breaded Fish Salad W/Broccoli Dinner Roll Honeydew
8 BBQ Chicken Thigh California Vegetables Applesauce	9 Albacore Tuna Sandwich Vegetable Soup Cantaloupe	10 Spaghetti W/Meat Sauce Caesar Salad Sourdough Bread Diced Peaches	11 Cheeseburger Tomato/Lettuce/Onion Potato Salad Tropical Fruit	12 Vegetarian Tostada Beans/Cabbage/Cilantro /Cheese Sliced Apples
15 Meatloaf Mashed Potatoes Wheat Roll Mixed Fruit	16 Beef & Bean Burrito Salad W/Broccoli Diced Peaches	17 Chinese Chicken Stir Fry Rice Cantaloupe Pudding	18 BBQ Rib Sandwich Coleslaw W/Carrots Honeydew	19 Cheese Lasagna Carrot/Raisin Salad Sourdough Bread Tropical Fruit
22 Beef Enchilada Casserole Refried Beans Fruited Jello	23 Pesto Chicken Bowtie Pasta Broccoli Salad Sourdough Bread Raisins	24 Salisbury Steak Baked Potato W/Sour Cream Dinner Roll Cantaloupe	25 Turkey & Cheese Sandwich Tomato/Lettuce/Onion Navy Bean Soup  Tropical Fruit	26 Chicken Thigh W/Mushroom Sauce California Mixed Veggies Wheat Bread Applesauce
29 Beef Stroganoff Peas & Carrots Sourdough Bread Cantaloupe	30 Macaroni & Cheese Mixed Vegetables  Pineapple Bits Pudding			

Funding through: Fresno-Madera Agency on Aging

All meals include low fat milk

Suggested donation \$2.50

Non Senior Rate \$ 5.10



Higher in salt