Clarence Senior Center
Sign up on the Nutrition Board

APRIL 2019
MENU

To cancel a lunch call
the Office at 633-5138

Monday	Tuesday	Wednesday	Thursday	Friday
1 Omelet with Peppers Onions, Tomatoes & Cheese Sauce Hash Brown Potato Raisin Bread Strawberry Shortcake with Whipped Topping (829)	**2 ENTRÉE SALAD** Grilled Chicken Caesar Salad with Caesar Dressing Dinner Roll Snickerdoodle Cookies (1005)	**3** Roast Beef with Gravy Sweet Potatoes Savory Sautéed Cabbage Rye Bread Frosted Cherry Cake (714)	**4** Bratwurst with Baked Beans and Mustard on a Hoagy Roll Mixed Vegetables Roasted Potatoes Mandarin Oranges (802)	**5 Side Salad** Cheese Ravioli with Tomato Meatsauce Chef Salad with Dressing Seasoned Summer Squash with Red Peppers Italian Bread Peaches (756)
8 Boneless Chicken Breast with Marsala Sauce Cauliflower Mixed Vegetables Dinner Roll Oatmeal Raisin Cookies (674)	**9** Tortellini with Tomato Meatsauce Chef Salad with Dressing Italian Mixed Vegetables Italian Bread Fresh Orange Chocolate Milk (746)	**10** Polish Sausage with Sauerkraut & Mustard on a Bun Fresh Red-skin Potato Au Gratin Broccoli Rice Krispie Treat (951)	**11** Salisbury Steak with Onion Gravy Scalloped Potatoes Peas Breakaway Roll Lorna Doones (863)	**12 ENTRÉE SALAD** Tuna Macaroni Salad on a Bed of Lettuce with Tomatoes Club Crackers Fruit Cocktail (668)
15 Penne Pasta with Meatballs, Spaghetti Sauce & Mozzarella Cheese Country Cottage Mixed Vegetables Peas Lorna Doones (823)	**16** Beef Pepper Steak Casserole over Rice Seasoned Spinach Pineapple Juice Strawberry Bavarian (641)	**17** Chicken Cordon Bleu with Herbed Cream Sauce Orange-glazed Carrots Broccoli Rice Pilaf Coconut Cream Pie (1268)	**18** Breaded Pork Loin with Cranberry Chutney Sweet Potatoes Green Beans Whole Wheat Bread Cinnamon Applesauce (656)	**19** **CENTER CLOSED**
22 Cabbage Roll with Savory Meatsauce Mashed Potatoes Corn Deli Rye Bread Strawberry Ice Cream (816)	**23** Panko Breaded Chicken Thigh Cheddar Mashed Potatoes Lima Bean Bake Multigrain Bread Tropical Fruit (791)	**24 ENTRÉE SALAD** Scoop Each of Cottage Cheese & Egg Salad on a Bed of Lettuce with Tomatoes Whole Grain Crackers Fresh Fruit Chocolate Milk (623)	**25** Chicken Pasta Primavera Italian Vegetables Dinner Roll Ambrosia (748)	**26** Ham Steak with Maple Glaze Cheesy Scalloped Potatoes Brussels Sprouts Cornbread Pear Crisp (914)
29 Chicken Vegetable Casserole with a Biscuit Brussels Sprouts Fresh Banana (721)	**30** Hot Dog with Ketchup on a Bun Fresh Roasted Red Potatoes Seasoned Spinach Pineapple Chocolate Milk (799)	**1** Roasted Pork Loin with Gravy Mashed Squash Creamy Cabbage with Dill Rye Bread Cinnamon Streusel Cake (690)	**2** Lasagna Roll with Meatsauce California Mixed Vegetables Chef Salad with Dressing Dinner Roll Lemon Bavarian (751)	**3** Meatloaf with Swiss Gravy Mashed Potatoes Peas with Pear Onions Wheat Bread Brownie (849)