

**Apple of My Heart Nutrition Senior Home Delivered Menu - April 2013**

<b>Monday</b>		<b>Wednesday</b>		<b>Friday</b>
<b>April 1, 2013</b>		<b>April 3, 2013</b>		<b>April 5, 2013</b>
<i>Hot Meal</i>	<i>Cold Meal</i>	<i>Hot Meal</i>	<i>Cold Meal</i>	
Vegetable Beef Soup Whole Wheat Crackers Lettuce Salad Creamy Fruit Salad	Cheeseburger w/ Lettuce, Tom & Onion <b>Tater Tots</b> <b>Glazed Carrots</b> <b>Pineapple</b>	<b>Bacon, Egg &amp; Cheese Biscuit</b> <b>Country Sytle Hash browns</b> <b>V-8 Juice</b> <b>Mixed Fruit</b>	<b>Creamy Chicken Salad</b> <b>Sandwich</b> <b>Chips</b> <b>3 Bean Salad</b> <b>Strawberries &amp; Jell-O</b>	<b>Polish Sausage &amp; Saur Kraut</b> <b>Whole Wheat Bun</b> <b>Glazed Carrots</b> <b>Baked Cinnamon Apple W/ Crumb Topping</b>
<b>April 8, 2013</b>		<b>April 10, 2013</b>		<b>April 12, 2013</b>
<i>Hot Meal</i>	<i>Cold Meal</i>	<i>Hot Meal</i>	<i>Cold Meal</i>	
<b>Chicken &amp; Dumplings</b> <b>Peas &amp; Carrots</b> <b>Lima Beans</b> <b>Grapes</b>	<b>BBQ Pork Roast</b> <b>Mac &amp; Cheese w/ Broccoli</b> <b>Baked Beans</b> <b>Corn Muffin</b> <b>Pineapple Fruit Salad</b>	<b>Salisbury Steak</b> <b>Mashed Potatoes &amp; Gravy</b> <b>Roasted Asparagus</b> <b>Cherry Crisp</b>	<b>Chicken Fried Rice</b> <b>with Vegetables</b> <b>Asian Cole Slaw</b> <b>Mandarin Oranges</b>	<b>Breaded Chicken Sandwich</b> <b>Tater Tots</b> <b>Green Beans</b> <b>Banana</b>
<b>April 15, 2013</b>		<b>April 17, 2013</b>		<b>April 19, 2013</b>
<i>Hot Meal</i>	<i>Cold Meal</i>	<i>Hot Meal</i>	<i>Cold Meal</i>	
<b>Fruit Plate</b> <b>Cottage Cheese</b> <b>Whole Grain Muffin</b> <b>Vegetable Salad</b>	<b>Chicken Caesar Pasta Salad</b> <b>Garlic Bread</b> <b>Italian Vegetables</b> <b>Cherry Tomatoes</b> <b>Peaches</b>	<b>Corn Dog</b> <b>Mustard Potato Salad</b> <b>Broccoli w/ Cheese</b> <b>Pears</b>	<b>Beef Fajitas</b> <b>Peppers &amp; Onions</b> <b>Corn &amp; Black Bean Salad</b> <b>Mexican Rice</b> <b>Fresh Fruit</b>	<b>Pork Tenderloin</b> <b>Cheesy Potatoes</b> <b>Brussel Sprouts</b> <b>Cinnamon Apple Sauce</b>
<b>April 22, 2013</b>		<b>April 24, 2013</b>		<b>April 26, 2013</b>
<i>Hot Meal</i>	<i>Cold Meal</i>	<i>Hot Meal</i>	<i>Cold Meal</i>	
<b>Crispy Chicken Salad</b> <b>w/ Lettuce, Tom, Onion &amp; Cheese</b> <b>Garbanzo Bean Salad</b> <b>Fruit Medley</b>	<b>Sausage &amp; Peppers Rustica</b> <b>w/ Marinara Sauce &amp; Pasta</b> <b>Garlic Bread</b> <b>Green beans</b> <b>Fruit Cocktail &amp; Cookie</b>	<b>Egg Salad on Whole Wheat</b> <b>Lentil Soup</b> <b>Celery &amp; Carrot Sticks</b> <b>Pineapple</b>	<b>Baked Fish</b> <b>Wild Rice</b> <b>Seasoned Spinach</b> <b>Cucumber &amp; Tomato Salad</b> <b>Apricots</b>	<b>Meatball Sub w/ Marinara &amp; Cheese</b> <b>Cole Slaw</b> <b>Steamed Broccoli</b> <b>Mixed Fruit</b>
<b>April 29, 2013</b>				
<i>Hot Meal</i>	<i>Cold Meal</i>	<i>Hot Meal</i>	<i>Cold Meal</i>	
<b>Vegetable &amp; Black Bean</b> <b>Soup</b> <b>Bacon, Cheese &amp; Broccoli</b> <b>Baked Potato</b> <b>Mango</b>	<b>Herb Roasted Chicken</b> <b>Garlic Smashed Potatoes</b> <b>Buttered Corn</b> <b>Fresh Berries</b>			<b>Suggested Donation: \$3.00</b> <b>However, no one requesting a</b> <b>meal will be denied meal services.</b>

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