

Apple of My Heart Nutrition Senior Social Dining Club Menu - APRIL 2013

Provided by Community Action Partnership of Central Illinois

Monday	Tuesday	Wednesday	Thursday	Friday
<p>April 1</p> <p>Vegetable Beef Soup Whole Wheat Crackers Lettuce Salad (Tom, Cucumber, Cheese &amp; Dressing) Creamy Fruit Salad</p>	<p>April 2</p> <p>Creamy Chicken Salad on Whole Wheat w/ Let &amp; Tom Chips 3 Bean Salad Strawberries &amp; Jell-O</p>	<p>April 3</p> <p>Bacon, Egg &amp; Cheese Biscuit Country Style Hash browns V-8 Juice Mixed Fruit</p>	<p>April 4</p> <p>BBQ Pork Roast Mac &amp; Cheese w/ Broccoli Baked Beans Corn Muffin Pineapple Fruit Salad</p>	<p>April 5</p> <p>Polish Sausage &amp; Sour Kraut on Whole Wheat Bun Glazed Carrots Baked Cinnamon Apples with Crumb Topping</p>
<p>April 8</p> <p>Chicken &amp; Dumplings Peas &amp; Carrots Lima Beans Grapes</p>	<p>April 9</p> <p>Chicken Fried Rice (Chicken, Egg &amp; Mixed Veggies w/Asian Sauce) Asian Cole Slaw Mandarin Oranges</p>	<p>April 10</p> <p>Salisbury Steak with Mashed Potatoes &amp; Gravy Roasted Asparagus Cherry Crisp</p>	<p>April 11</p> <p>Chicken Caesar Pasta Salad Garlic Bread Italian Vegetables Cherry Tomatoes Peaches</p>	<p>April 12</p> <p>Breaded Chicken Sandwich on Whole Wheat Bun w/ Let &amp; Tom Tater Tots Green Beans Banana</p>
<p>April 15</p> <p>Fruit Plate Cottage Cheese Whole Grain Muffin Vegetable Salad</p>	<p>April 16</p> <p>Beef Fajitas with Peppers &amp; Onions Corn &amp; Black Bean Salad Mexican Rice Fresh Fruit</p>	<p>April 17</p> <p>Corn Dog Mustard Potato Salad Broccoli with Cheese Pears</p>	<p>April 18</p> <p>Sausage &amp; Peppers Rustica (Italian Sausage, Roasted Bell Peppers in Marinara w/ Penne Pasta) Green Beans Garlic Bread Fruit Cocktail Cookie</p>	<p>April 19</p> <p>Pork Tenderloin Cheesy Potatoes Brussel Sprouts Cinnamon Applesauce</p>
<p>April 22</p> <p>Crispy Chicken Salad (Crispy Chicken Tenders on Top Lettuce w/ Tom, Onion, Cheese &amp; Dressing) Garbanzo Bean Salad Fruit Medley</p>	<p>April 23</p> <p>Baked Fish Wild Rice Seasoned Spinach Cucumber &amp; Tomato Salad Apricots</p>	<p>April 24</p> <p>Egg Salad on Whole Wheat Lentil Soup Celery &amp; Carrot Sticks Pineapple</p>	<p>April 25</p> <p>Herb Roasted Chicken Garlic Smashed Potatoes Buttered Corn Fresh Berries</p>	<p>April 26</p> <p>Meatball Sub w/ Marinara Sauce &amp; Cheese Cole Slaw Steamed Broccoli Mixed Fruit</p>
<p>April 29</p> <p>Vegetable &amp; Black Bean Soup Bacon, Broccoli &amp; Cheese Baked Potato Mango</p>	<p>April 30</p> <p>Meatloaf Scallop Potatoes Italian Vegetables Peach Crisp</p>	<p>For Reservations, call 217-732-2159 ext. 240</p>	<p>A suggested donation is \$3.00 However, no one requesting a meal will be denied meal service</p>	<p>Milk is served with each meal</p>

