

FOR SENIORS 60 YEARS AND OLDER
& SPOUSES UNDER 60 YEARS.

FOR CONGREGATE MEALS,
MAKE RESERVATIONS AT LEAST ONE DAY IN ADVANCE
En espanol: 525-0143 x 127 **OFFICE: 525-0383**



SENIOR MEALS

🕒 **APRIL 2010** 🕒

It costs \$ 6.50 to produce each meal. A \$ 4.00 donation per meal is suggested, but any amount is appreciated.

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>◆ = this complete meal contains between 1000-1200 mg of sodium. Average sodium content of all other meals is ~800mg. # = Concentrated sweets substituted for diabetic meals</p>		<p><i>Menu subject to change without notice.</i></p> <p><i>All meals contain 8 oz Low Fat Milk</i></p>	<p>1 HERB TOPPED FISH BROWN RICE PILAF OREGON BEAN MEDLEY PINEAPPLE TIDBITS PUDDING#</p>	<p>2 CHICKEN TETRAZZINI SWISS CHARD WHOLE WHEAT ROLL CAESAR SALAD TANGERINE</p>
<p>5 KITCHEN CLOSED FURLOUGH DAY</p>	<p>6 CHICKEN CHOW MEIN BROWN RICE ORIENTAL VEGETABLES PLUMS (IN JUICE) PINEAPPLE/ORG JUICE</p>	<p>7 BEEF LASAGNA ITALIAN BLEND VEG FRENCH BREAD DICED PEACHES FIG NEWTON#</p>	<p>8 MAC & CHEESE SPINACH WHEAT ROLL GREEN SALAD TANGERINE</p>	<p>9 ◆ SLOPPY JOE on WHEAT BUN CORN/BLK BEAN MEDLEY MIXED BEAN SALAD RAISINS</p>
<p>12 SALISBURY STEAK MASHED POTATOES CAPRI BLEND VEG WHOLE WHEAT BREAD MANDARIN ORANGES</p>	<p>13 ◆ HAM & BEANS ITALIAN BLEND VEG WHOLE WHEAT ROLL APRICOT HALVES CHOC CHIP COOKIE#</p>	<p>14 MEATBALL STROGANOFF ROTELLI MIXED VEGETABLES CAESAR SALAD BANANA</p>	<p>15 ½ TUNA SANDWICH ON WHEAT BREAD SPLIT PEA SOUP CARROTS WINTER BLEND FRUIT COCKTAIL</p>	<p>16 SWEET & SOUR PORK BROWN RICE ASIAN BLEND VEG CHINESE SLAW APPLE</p>
<p>19 SPAGHETTI & MEATBALLS ITALIAN BLEND VEG FRENCH BREAD PLUMS (IN JUICE) PINEAPPLE JUICE</p>	<p>20 ◆ CHILI CON CARNE CORNBREAD MIXED VEGETABLES APPLESAUCE FIG NEWTON#</p>	<p>21 BAKED FISH ALA MUSHROOM CREAMY POLENTA SWISS CHARD PINEAPPLE TIDBITS SUGAR COOKIE#</p>	<p>22 CURRY CHICKEN <i>OVER</i> PINEAPPLE RICE OREGON BEAN MEDLEY WHOLE WHEAT ROLL COTTAGE CHS W/FRUIT ORANGE</p>	<p>23 POTATO CRUSTED QUICHE WINTER BLEND CARROTS DICED PEARS GRAHAM CRACKERS</p>
<p>26 HAMBURGER PATTY W/MUSHROOM GRAVY BROWN RICE PEAS & ONIONS FRUIT COCKTAIL CRANBERRY JUICE</p>	<p>27 TURKEY MEATLOAF MASHED POTATOES WINTER BLEND CARROT-RAISIN SALAD GRAHAM CRACKERS PINEAPPLE JUICE</p>	<p>28 ½ CHICKEN SALAD SAND ON WHEAT BREAD MINISTRONE SOUP FIESTA CORN GREEN BEANS APRICOT HALVES</p>	<p>29 ◆ BAKED SPAG & CHEESE ITALIAN BLEND VEG FRENCH BREAD GREEN SALAD ORANGE</p>	<p>30 CILANTRO LIME FISH BROWN RICE PILAF OREGON BEAN MEDLEY SPANISH COLESLAW APPLE</p>

For answers to your nutrition questions: call Council On Aging's Dietitian, Sharon Spratling, RD at 525-0143, ext. 133 (Mon. – Fri.)