

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**



VEGETARIAN 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><i>Menu subject to change without notice.</i></p> <p><i>All meals contain 8 oz Low Fat Milk</i></p>	<p># - Conc. Sweets Subbed * - Vit. C Source _ - Vit. A Source</p>		<p>1</p> <p><u>VEGGIE LOAF*</u> <u>MASHED POTATOES</u> <u>PEAS & CORN</u> BROWN RICE PILAF PINEAPPLE TIDBITS PUDDING# MOZZ CHEESE STICK</p>	<p>2</p> <p><u>CHEDDAR PASTA BOWL*</u> <u>SWISS CHARD</u> WHOLE WHEAT ROLL CAESAR SALAD TANGERINE*</p>
<p>5</p> <p>KITCHEN CLOSED</p> <p>FURLOUGH DAY</p>	<p>6</p> <p>SANTA FE ENCHILADA* BROWN RICE ORIENTAL VEGETABLES PLUMS (IN JUICE) PINEAPPLE/ORG JUICE*</p>	<p>7</p> <p>CHEESE ENCHILADA BLACK BEANS & CORN* ITALIAN BLEND VEG DICED PEACHES FIG NEWTON#</p>	<p>8</p> <p>MAC & CHEESE <u>SPINACH</u> WHEAT ROLL GREEN SALAD TANGERINE*</p>	<p>9</p> <p><u>VEGGIE LOAF*</u> <u>MASHED POTATOES</u> <u>PEAS & CORN</u> CORN/BLK BEAN MEDLEY BEAN SALAD RAISINS MOZZ CHEESE STICK</p>
<p>12</p> <p>BLACK BEAN ENCHILADA RICE & BEANS CAPRI BLEND VEG WHOLE WHEAT BREAD MANDARIN ORANGES * MOZZ CHEESE STICK</p>	<p>13</p> <p><u>VEGGIE LOAF*</u> <u>MASHED POTATOES</u> <u>PEAS & CORN</u> WHOLE WHEAT ROLL <u>APRICOT HALVES</u> CHOC CHIP COOKIE# MOZZ CHEESE STICK</p>	<p>14</p> <p><u>CHEDDAR PASTA BOWL*</u> SCANDI BLEND VEG CAESAR SALAD BANANA</p>	<p>15</p> <p><u>GARDEN VEG LASAGNA*</u> <u>CARROTS</u> WINTER BLEND* FRUIT COCKTAIL MOZZ CHEESE STICK</p>	<p>16</p> <p>VEGGIE STEAK* MASHED POTATOES GREEN BEANS ASIAN BLEND VEG CHINESE SLAW APPLE MOZZ CHEESE STICK</p>
<p>19</p> <p>MAC & CHEESE ITALIAN BLEND VEG FRENCH BREAD PLUMS (in juice) PINEAPPLE JUICE*</p>	<p>20</p> <p>CHEESE ENCHILADA BLACK BEANS & CORN* <u>MIXED VEGETABLES</u> APPLESAUCE FIG NEWTON#</p>	<p>21</p> <p><u>CHILI & CORNBREAD RICE</u> SWISS CHARD* (16mgC) PA TIDBITS* (12mgC) SUGAR COOKIE# MOZZ CHEESE STICK</p>	<p>22</p> <p>SANTA FE ENCHILADA* OREGON BEAN MEDLEY WHOLE WHEAT ROLL COTTAGE CHS W/FRUIT ORANGE</p>	<p>23</p> <p><u>VEGGIE LOAF*</u> <u>MASHED POTATOES</u> <u>PEAS & CORN</u> <u>CARROTS</u> DICED PEARS GRAHAM CRACKERS MOZZ CHEESE STICK</p>
<p>26</p> <p>BLACK BEAN ENCHILADA RICE & BEANS PEAS & ONIONS FRUIT COCKTAIL CRANBERRY JUICE* MOZZ CHEESE STICK</p>	<p>27</p> <p><u>VEGGIE LOAF*</u> <u>MASHED POTATOES</u> <u>PEAS & CORN</u> CARROT-RAISIN SALAD GRAHAM CRACKERS PINEAPPLE JUICE MOZZ CHEESE STICK</p>	<p>28</p> <p><u>GARDEN VEG LASAGNA*</u> FIESTA CORN GREEN BEANS APRICOT HALVES MOZZ CHEESE STICK</p>	<p>29</p> <p>VEGGIE STEAK* MASHED POTATOES GREEN BEANS FRENCH BREAD GREEN SALAD ORANGE MOZZ CHEESE STICK</p>	<p>30</p> <p><u>CHEDDAR PASTA BOWL*</u> <u>SPINACH</u> OREGON BEAN MEDLEY SPANISH COLESLAW APPLE</p>