

APRIL 2024

(Meals are subject to change)

	Mon	Tue	Wed	Thu	Fri	
<p>Milk is included in all meals</p> <p>Meal Components</p> <ul style="list-style-type: none"> • 3 oz. serving meat /protein • 1 1/2 cups vegetable and/or fruit • 2 servings grain • 8oz low fat milk <p>Guests/Private Pay \$5.00</p> <p>Recommended Donation for Home Delivery & Congregate Programs \$3.00</p>	<p>1</p> <p>Hamburger Patty Green Beans Beets WG Bun Apple</p>	<p>2</p> <p>Lemon Chicken Corn Brussel Sprouts WG Roll Pears</p>	<p>3</p> <p>Hot Dog Baked Beans Mixed Vegetables WG Bun Peaches</p>	<p>4</p> <p>Cheese Omelet French Toast Stewed Tomatoes Broccoli Applesauce</p>	<p>5</p> <p>Fish Patty Peas Cauliflower WG Bun Banana</p>	<p>Tremont</p> <p>Hopedale</p> <p>Pekin</p> <p>Washington Heartland Apt.</p>
	<p>8</p> <p>Chicken Parmesan Carrots Lima Beans WG Roll Orange</p>	<p>9</p> <p>B.B.Q. Meatballs Green Beans Cauliflower WG Bun Pineapple</p>	<p>10</p> <p>Pulled Pork Sweet Potatoes Corn WG Bun Mandarin Oranges</p>	<p>11</p> <p>Beef Tenderloin Mixed Vegetables Beets WG Bun Pears</p>	<p>12</p> <p>Chicken Nuggets Broccoli Carrots Banana</p>	
	<p>15</p> <p>Sloppy Joe Green Beans Beets WG Bun Apple</p>	<p>16</p> <p>Pork Riblet Cauliflower Lima Beans WG Bun Pears</p>	<p>17</p> <p>B.B.Q. Chicken Broccoli Mixed Vegetables WG Roll Peaches</p>	<p>18</p> <p>Sausage Patty WG Bagel Stewed Tomatoes Peas Applesauce</p>	<p>19</p> <p>Chicken Tenders Mashed Potatoes/Gravy Corn Banana</p>	
	<p>22</p> <p>Pork Tenderloin Sweet Potatoes Broccoli WG Bun Orange</p>	<p>23</p> <p>Chicken Taco Lettuce/tomato/Cheese Black Beans Corn WG Tortilla Tropical Fruit</p>	<p>24</p> <p>Meatball Marinara Cauliflower Beets WG Bun Pears</p>	<p>25</p> <p>Chicken w/Gravy WG Noodles Carrots Lima Beans Pineapple</p>	<p>26</p> <p>Ham & Beans Corn Bread Green Beans Hot Cin. Apples</p>	
	<p>29</p> <p>Chicken Patty Carrots Cauliflower WG Bun Apple</p>	<p>30</p> <p>Beef Taco Lettuce/Tomato/Cheese Refried Beans Corn WG Tortilla Peaches</p>				