




# April CentraCare Menu



Monday	Tuesday	Wednesday	Thursday	Friday
<b>2</b> CHICKEN PARMESAN PENNE MARINARA CEASAR SALAD WARM CINNAMON APPLES WHOLE GRAIN ROLL	<b>3</b> MACARONI AND CHEESE STEAMED BROCCOLI OATMEAL CAKE BAKE WHOLE GRAIN ROLL	<b>4</b> HOMEMADE MEATLOAF MASHED POTATOES GREEN BEANS CORN PUDDING WHOLE GRAIN ROLL	<b>5</b> SMOTHERED PORK LOIN GREEN BEANS WARM CINNAMON APPLES CORNBREAD MUFFIN	<b>6</b> SLOPPY JOES BAKED BEANS APPLE PIE WHEAT HAMBURGER BUN
<b>9</b> HAM AND CHEDDAR CROISSANT TOMATOES AND CUCUMBERS FRESH CUT FRUIT POTATO CHIPS	<b>10</b> CHICKEN BREAST CAESAR SALAD BLUE CHERRY CRISP W/ ICE CREAM WHOLE GRAIN ROLL	<b>11</b> TEXAS CHILI STEAMED BROCCOLI COLD BANANA PUDDING CORNBREAD MUFFIN	<b>12</b> COUNTRY FRIED CHICKEN MASHED POTATOES SWEET CORN PEACH COBBLER WHOLE GRAIN ROLL	<b>13</b> FRIED TALAPIA COLESLAW WATERMELON HUSH PUPPIES
<b>16</b> BAKED HAM BLACK EYED PEAS CHERRY COBBLER W/ ICE CREAM WHOLE GRAIN ROLL	<b>17</b> Taxes Due MACARONI AND CHEESE GREEN BEANS AND CARROTS OATMEAL CAKE BAKE WHOLE GRAIN ROLL	<b>18</b> CREAMY POTATO SOUP GREEK SALAD FRESH CUT FRUIT WHOLE GRAIN ROLL	<b>19</b> STUFFED BELL PEPPERS TOMATO SAUCE AND CHEESE TOSSED SALAD WITH DRESSINGS FRESH CUT FRUIT WHOLE GRAIN ROLLS	<b>20</b> BBQ CHICKEN THIGH GREEN BEANS SWEET POTATOES CORNBREAD MUFFIN
<b>23</b> CHEESE QUICHE PORK SAUSAGE LINKS FRUIT YOGURT WITH GRANOLA ENGLISH MUFFIN	<b>24</b> CHICKEN POT PIE MAPLE GLAZED CARROTS APPLE CRUMB CAKE BUTTERMILK BISCUIT	<b>25</b> Admin Assist Day BEEF ENCHILADA BAKE CHOCOLATE CUPCAKES SHREDDED LETTUCE AND TOMATO TORTILLA CHIPS	<b>26</b> SMOTHERED PORK ROASTED BABY CARROTS WILD RICE PILAF CHOCOLATE CUPCAKES WHOLE GRAIN ROLL	<b>27</b> CHEF SALAD WITH HAM, TURKEY AND CHEESE APPLE COBBLER W/ WHIPPED CREAM WHOLE GRAIN ROLL
<b>30</b> VEGETABLE FRITTATA BLUEBERRY OATMEAL VEGETARIAN SAUSAGE PATTIES BUTTERMILK BISCUIT				

## Senior Services

Southwest Michigan

Each meal meets the new A.A.A. approved nutritional guidelines.  
All meals have between 80-120 grams of carbohydrates. All meals are trans-fat free.