








# April Hot Menu



Monday	Tuesday	Wednesday	Thursday	Friday
			<p>1 Easter Meal</p> <p>SHAVED HONEY HAM SCALLOPED POTATOES GREEN BEAN CASSAROLE BANANA CREAM SHEET CAKE</p>	<p>2 Good Friday</p> <p>MACARONI AND CHEESE 19gm SAUTEED SPINACH 3gm OATMEAL CAKE 36gm WHOLE GRAIN ROLL 35gm</p>
<p>5</p> <p>BEEF TIPS 3gm MASHED POTATOES 17gm GREEN BEANS AND CARROTS 7gm PEACHES AND CREAM 12gm BUTTERMILK BISCUIT 21gm</p>	<p>6</p> <p>BBQ CHICKEN THIGH 2gm COLLARD GREENS 4gm BANANA BREAD PUDDING 17gm BUTTERMILK BISCUIT 27gm</p>	<p>7</p> <p>MEATLOAF WITH GRAVY 10gm MASHED POTATOES 17gm CORN PUDDING 22gm STEWED TOMATOES 4gm WHOLE GRAIN ROLL 35gm</p>	<p>8</p> <p>SWEET AND SOUR PORK 17gm BROWN RICE 17gm SIMMERED GREEN CABBAGE 5gm PINEAPPLE UPSIDE DOWN CAKE 28gm CHOW MEIN NOODLES 9gm</p>	<p>9</p> <p>CHICKEN POT PIE 14gm MAPLE GLAZED CARROTS 15gm APPLE CRUMB CAKE 56gm BUTTERMILK BISCUIT 21gm</p>
<p>12</p> <p>HUNGARIAN GOULASH 17gm SWEET AND SOUR CABBAGE 4 gm WARM CINNAMON APPLES 2gm WHOLE GRAIN ROLL 35gm</p>	<p>13</p> <p>BLACKENED TILAPIA FILET 0gm SAUTEED SPINACH 3gm RICE PUDDING 18gm CORNBREAD MUFFIN 30gm</p>	<p>14</p> <p>BEEF SLOPPY JOES 5gm BAKED BEANS 21gm CHOCOLATE ZUCCHINI BAKE 28gm WHOLE GRAIN BUN 26gm</p>	<p>15</p> <p>COUNTRY FRIED CHICKEN 28gm MASHED POTATOES &amp; GRAVY 17gm SWEET CORN 15gm PEACH COBBLER 26gm WHOLE GRAIN ROLL 35gm</p>	<p>16</p> <p>VEGETABLE LASANGA 56gm HARVARD BEETS 8gm BLUEBERRY AND CHERRY CRISP 18gm WHOLE GRAIN ROLL 35gm</p>
<p>19</p> <p>CORNED BEEF HASH 28gm SCRAMBLED EGGS 1gm PEACH COBBLER 26gm FRUIT MUFFIN 16gm</p>	<p>20</p> <p>CHICKEN CACCIATORE 13gm SAUTEED SPINACH 3gm RICE PUDDING 18gm WHOLE GRAIN ROLL 35gm</p>	<p>21</p> <p>DIRTY RICE WITH PORK/BEEF 14gm BLACK EYED PEAS 21gm CHERRY COBBLER 20gm WHOLE GRAIN ROLL 35gm</p>	<p>22</p> <p>SESAME CHICKEN 27gm WHITE RICE WAX BEANS AND PEPPERS 5gm PINEAPPLE UPSIDE DOWN CAKE 28gm CHOW MEIN NOODLES 9gm</p>	<p>23</p> <p>QUICHE LORRAINE WITH BACON 18gm POTATOES O'BRIEN 18gm PEACH CRISP 22gm WHOLE GRAIN ROLL 35gm</p>
<p>26</p> <p>LASANGA WITH PORK SAUSAGE 49g CALIFORNIA BLEND VEGETABLES 1gm WARM CINNAMON APPLES 20gm WHOLE GRAIN ROLL 35gm</p>	<p>27</p> <p>HERB ROASTED CHICKEN 0gm BRUSSEL SPROUTS 7gm CHERRY CRISP 16gm BUTTERMILK BISCUIT 21gm</p>	<p>28</p> <p>PORK ROAST AND GRAVY 2gm MASHED POTATOES 17m CORN, PEAS, AND CARROTS 6gm RICE PUDDING 18gm WHOLE GRAIN ROLL 35gm</p>	<p>29</p> <p>BEEF ENCHILIDA BAKE 13gm CILANTRO RICE PILAF 27gm APPLE COBBLER 26gm WHOLE GRAIN ROLL 35gm</p>	<p>30</p> <p>TUSCAN SHRIMP PASTA 17gm GREEN BEANS AND WAX BEANS 6gm BANANA CARMEL CAKE 30gm WHOLE GRAIN ROLL 35gm</p>
	<p>If for any reason you are not available to receive your daily meal, please call ahead of time to cancel. 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.</p>			<p><b>Senior Services</b></p>  <p><b>Southwest Michigan</b></p> <p><b>866-200-8877</b></p>



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<b>3</b> BEEF CHILI 22gm WAX BEANS AND PEPPERS 5gm BANANA BREAD PUDDING 17gm CORNBREAD MUFFIN 30gm	<b>4</b> CHICKEN PARMASEAN 43gm BRUSSEL SPROUTS 7gm WARM CINNAMON APPLES 2gm WHOLE GRAIN ROLL 35gm	<b>5</b> MACARONI AND CHEESE 19gm SAUTEED SPINACH 3gm OATMEAL CAKE 36gm WHOLE GRAIN ROLL 35gm	<b>6</b> BEEF TIPS AND GRAVY 3gm MASHED POTATOES 17gm GREEN BEANS AND CARROTS 7gm PEACHES AND CREAM 12gm WHOLE GRAIN ROLL 35gm	<b>7 Mothers Day Meal</b> PENNA PASTA VEGETABLE ALFREDO RUTABAGA HASH BLUEBERRY CHEESECAKE WHOLE WHEAT ROLL 35 gm
<b>10</b> SPINACH AND PEPPER QUICHE 20gm VEGETARIAN SAUSAGE PATTY 3gm CINNAMON APPLES 20gm FRUIT MUFFIN 16gm	<b>11</b> MEATLOAF WITH GRAVY 10gm MASHED POTATOES 17gm CORN PUDDING 22gm STEWED TOMATOES 4gm WHOLE GRAIN ROLL 35gm	<b>12</b> VEGETABLE FRITTATA 4gm BLUEBERRY OATMEAL 15gm PORK SAUSAGE LINKS 0gm FRUIT MUFFIN 16 gm	<b>13</b> SPAGHETTI & MEATSAUCE GREEN BEANS AND CARROTS 7gm PEACH CRISP 22gm WHOLE GRAIN ROLL 35gm	<b>14</b> SMOTHERED PORKLOIN 5gm COLLARD GREENS 4gm WARM CINNAMON APPLES 20gm CORNBREAD MUFFIN 30gm
<b>17</b> CHICKEN AND RICE CASSEROLE 42gm SAUTEED CARROTS 4gm WARM CINNAMON APPLES 2gm WHOLE GRAIN ROLL 35gm	<b>18</b> BEEF STROGANOFF 30gm SAUTEED SPINACH 3gm POACHED PEARS 15gm WHOLE GRAIN ROLL 35gm	<b>19</b> COUNTRY FRIED CHICKEN 28gm MASHED POTATOES AND GRAVY 17gm SWEET CORN 15gm PEACH COBBLER 26gm WHOLE GRAIN ROLL 35gm	<b>20</b> SWEET AND SOUR PORK 17gm BROWN RICE 17gm SIMMERED GREEN CABBAGE 5gm PINEAPPLE UPSIDE DOWN CAKE 28gm CHOW MEIN NOODLES 9gm	<b>21</b> BBQ CHICKEN THIGH 2gm COLLARD GREENS 4gm BANANA BREAD PUDDING 17gm BUTTERMILK BISCUIT 21 gm
<b>24</b> CHICKEN POT PIE 14gm MAPLE GLAZED CARROTS 15gm APPLE CRUMB CAKE 56gm BUTTERMILK BISCUIT 21gm	<b>25</b> BEEF SLOPPY JOES 5gm BAKED BEANS 21gm CHOCOLATE ZUCCHINI CAKE 28gm WHEAT HAMBURGER BUN 26gm	<b>26</b> HERB ROASTED CHICKEN 0gm BRUSSELS SPROUTS 7gm CHERRY CRISP 19gm WHOLE GRAIN ROLL 35gm	<b>27</b> PORK ROAST AND GRAVY 2gm MASHED POTATOES 17gm CORN, PEAS AND CARROTS 6gm RICE PUDDING 18gm WHOLE GRAIN ROLL 35gm	<b>28</b> SESAME CHICKEN AND RICE 27gm WAX BEAN AND PEPPERS 5gm PINEAPPLE UPSIDE DOWN CAKE 28gm CHOW MEIN NOODLES 9gm
<b>31</b> <p style="text-align: center;">Happy Memorial Day Closed</p>	<p style="text-align: center;"><b>MEMORIAL DAY</b> REMEMBERING &amp; HONORING ALL WHO SERVED</p>		<p style="text-align: center;"><b>HAPPY MOTHERS DAY</b></p>	<p style="text-align: center;">smile</p>
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