

Elder Services of the Merrimack Valley
April 2016

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
				1 Sliced Pork Roast w/Gravy Sweet Potato Mixed Vegetables Whole Wheat Dinner Roll Fruit Snack Loaf
4 Chicken Ala King Brown Rice Cauliflower Whole Grain Bread Mixed Fruit	5 Shephard's Pie Peas Whole Wheat Bread Yogurt	6 L.S Hot Dogs Beans Capri Vegetables Whole Wheat Hot Dog Roll Cookies	7 Cheese Lasagna w/ Meat Sauce Sautéed Spinach Italian Bread Seasonal Fresh Fruit	8 Baked Fish W/Red Pepper Sauce Vegetable Brown Rice Sliced Carrots Dinner Roll Chocolate Pudding/Dt. Pudding
11 Chicken Drumsticks Red Bliss Potatoes Green Beans Whole Wheat Dinner Roll Sliced Peaches	12 Beef Stew Corn and Peas Biscuit Fresh Baked Cookie	13 Roast Turkey with Gravy Mashed Potatoes/Stuffing Carrots and Turnip Natural Grain Bread Mixed Fruit	14 Stuffed Shells w/Marinara Sauce Capri Vegetables Italian Scala Bread Bread Pudding	15 Baked Tilapia w/Lemon Sauce Brown Rice Zucchini & Tomatoes Oatmeal Bread Fruit Cocktail
18 No Meals Served Patriots Day	19 BBQ Boneless Ribbettes Mashed Sweet Potatoes Brussel Sprouts Whole Wheat Dinner Roll Diced Pears	20 "Monthly Special" Mediterranean Chicken Lemon Olive Rice Vegetable Ratatouille Dinner Roll Fruit Ambrosia w/Coconut	21 "Monthly Birthday" Meatloaf w/Gravy Mashed Potatoes Broccoli Whole Wheat Dinner Roll Birthday Cake	22 Salmon w/Dill Sauce Rice Pilaf Green Beans Natural Grain Bread Fresh Banana
25 Hamburger W/Cheese on the Side Potato Wedges Cole Slaw WW Hamburger Roll Yogurt	26 Chicken Marsala Brown Rice Mixed Vegetables Natural Grain Bread Diced Pears	27 Eggplant Parmesan w/Marinara Sauce Green Beans Whole Wheat Dinner Roll Mixed Fruit	28 Breaded Chicken Patty Mashed Potatoes Peas Natural Grain Bread Diet Gelatin	29 Macaroni & Cheese w/Crumb Topping on the side Stewed Tomatoes Honey Wheat Roll Seasonal Fresh Fruit