

April Regular Menu 2022

Monday	Tuesday	Wednesday	Thursday	Friday
				1 1pc Potato Crunch Fish ½ cup Mashed Potato ½ cup Brussels Sprouts 1 Dinner Roll 1pc Cookie 1pc tartar sauce
4 3oz Breaded Chicken ½ cup Mashed Sweet Potatoes ½ cup Capri Veggies 1pc MG Bread ½ USDA Fruit 1pc honey mustard	5 3 oz Pot Roast 2 oz Gravy 1/2c Mashed Potatoes 1/2c California Blend 1pc Parker House Roll 1/2c USDA Fruit	6 3 oz Chicken Marsala w/mushrooms ½ cup Zucchini ½ cup Brown Rice 1 MG Bread ½ cup Pineapple	7 3oz Meatloaf w/Gravy ½ cup Carrots & Turnips ½ cup Mashed Potatoes 1 Biscuit 1pc Cookie	8 Two Compartment 3pc Jumbo Cheese Ravioli 4 oz Marinara Sauce ½ c Broccoli 1 pc Oat Bread 1pc parmesan ½ USDA Fruit
11 3 oz Pulled Pork 2oz BBQ sauce ½c Corn ½ cup Braised cabbage 1pc WW burger roll ½ c Gelatin	12 American Chop Suey Two Compartment 3oz beef ½ cup pasta 4oz sauce ½ cup Creamed spinach 1pc Wheat Bread ½ cup Fruit 1pc parmesan	13 Hot Turkey Sandwich 3 oz Deli Turkey 2oz gravy ½ cup Mashed Potatoes 1/2c Peas 1 sli White Bread 1/2c USDA fruit 1pc Cranberry Sauce	14 SPECIAL: 1pc Stuffed Chicken (cordon bleu) 2oz Supreme Sauce ½ cup Lemon Garlic Rsted Potatoes ½ cup Green Beans w/Tomatoes 1pc Honey Cake w/sour cream frosting 1pc Pull Apart Roll	15 3 oz Vegetable Frittata (broccoli, spinach, red pepper) 1 oz cheddar cheese ½ cup home fries ½ cup baked apples 1 snack n'loaf (croissant) 4oz Yogurt 4oz orange juice (no milk) 1 pc Ketchup
18 No Meals Served Patriots Day	19 Two Compartment 1 pc Lasagna ½ cup Garden Veggie Sauce ½ cup Cauliflower 1pc Garlic Roll 1pc Cookie 1pc Parm	20 3 oz Chicken 2 oz Piccata Sauce 1/2c Rice Pilaf 1/2c Broccoli 1 WW Dinner Roll ½ cup Pudding	21 Two Compartment Beef Stew 3oz Beef 2oz Peas 2oz Carrots ½ cup mashed potatoes 1 sli Multigrain Bread 1/2c USDA Applesauce	22 3oz Chicken meatballs 2 oz sweet n sour sauce ½ cup Fried Rice ½ cup Asian Veg blend 1 sli Oatmeal Bread ½ cup pineapple
25 Chicken pot pie 3oz chicken ½ puff Pastry ½ cup peas and carrots 3oz sauce ½ cup Mashed Potato 1pc WW Dinner Roll 4oz Yogurt 4oz orange juice (no milk)	26 1 cup Mac and cheese ½ cup mixed veggies ½ cup pears 1 slice Vienna Bread 1pc parmesan	27 Hot dog (LS Beef/pork) ½ cup baked beans ½ cup Warm Peaches ½ cup coleslaw 1 Hot dog roll 1pc Mustard 1pc Relish	28 Two Compartment Beef stuffed pepper Casserole 3oz beef, 2oz pepper, 1oz rice, 1oz Cheddar Cheese 2 oz Rustic tomato sauce ½ cup au gratin potatoes 1 pc Cornbread ½ cup USDA Mixed Fruit	29 3oz Salmon 2oz Tzatziki Sauce ½ cup Orzo Pasta ½ cup Chickpeas and tomato 1pc cookie brownie 1pc MG Bread