

April 2022

Monday	Tuesday	Wednesday	Thursday	Friday
	TO CANCEL YOUR MEAL, PLEASE CALL 641-792-7102. MEALS WILL NOT BE LEFT IF YOU ARE NOT HOME.			1 Crispy Fish Fillet Creamy Potatoes Green Beans Apple Cherry Cobbler
4 Lasagna Mixed Vegetables Applesauce Orange Garlic Bread	5 Cook's Choice Vegetable Beef Soup Peas Mixed Fruit Dessert	6 Meatballs Mashed Potatoes & Gravy Asparagus Pears Muffin	7 Crispy Chicken on Bun Lettuce & Tomato Seasoned Squash Fries Cranberry Fluff Salad	8 Egg Salad Sandwich Chips Fresh Vegetable Medley Raisins Appleauce Bar
11 Lemon Fish Creamed Potatoes Country Trio Vegetables Dinner Roll Pineapple	12 Santa Fe Chicken Pasta Salad Spinach Mandarin Oranges Brownie	13 Swiss Mushroom Steak Mashed Potatoes & Gravy Peas Strawberries Cookie	14 Scalloped Potatoes w/ Turkey Ham Asparagus Banana and Orange Cup Dessert	15 Broccoli and Cheese Soup 1/2 Tuna Sandwich Crackers Peaches Berry Crisp
18 Beef & Noodles over Potatoes Peas Spiced Pears Dessert	19 Chicken Whipped Potatoes Riviera Blend Vegetables Dinner Roll Rosy Applesauce	20 Ham Loaf Potatoes Broccoli Strawberries Chocolate Cake	21 Fish Sandwich with lettuce Baked Beans Harvard Beets Fruit Cocktail Oatmeal Cookie	22 Cook's Choice Beef Salad Sandwich Chips Pickled Beets Peaches Dessert
25 Pork Roast Potatoes & Gravy Tuscan Blend Vegetables Peaches Cookie	26 Chicken Tetrizzini Carrots & Peas Pears Dessert	27 Egg Bake Hashbrowns Carrots Yogurt with Fruit Muffin	28 Crispy Fish Potatoes Succotash Dinner Roll Mixed Fruit Cup	29 Deli Turkey Sandwich w/Lettuce and Tomato Three Bean Salad Peaches Vanilla Cream Dessert

**Milk offered with all meals. All meals meet 1/3 of the Recommended Dietary Allowances (RDA) for older adults.

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