

April 2019

Warren/Hamilton Counties Office for the Aging

All meals served with 1% milk, bread, margarine, (Congregate site only - **coffee, and tea and juice**). Diabetic desserts are available for those with diabetes. **Menus subject to change.** **Frozen Dinner Heating Instructions:** **Oven:** 350 degrees for 30-45 min or 160 degree (Loosen aluminum foil top or puncture film seal) **Microwave:** Plastic Containers only - loosen film seal, heat on high 5-6 minutes. Let stand 2-3 minutes prior to serving. **Caution contents will be hot.**

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
April 1 Chicken Pot Pie with Potatoes & Veggies Brussel Sprouts Rice Pudding	April 2 Pork Chops Sweet Potatoes California Medley Chilled Pears	April 3 Roast Turkey/Gravy Mashed Potatoes Asparagus Brownie	April 4 American Goulash Broccoli Corn Chilled Pineapple	April 5 Breaded Fish Au gratin Potatoes Mixed Veggies Fruited Gelatin
April 8 Cheeseburger Deluxe Lettuce/tomatoes Potato of the Day Scandinavian Veggies Mandarin Oranges	April 9 Meatloaf Mashed Potatoes Winter Squash Apple Crisp	April 10 Chicken & Stuffing Casserole Brown Rice Italian Medley Veggies Tropical Fruit Cup	April 11 Cold Plate Sliced Roast Beef Potato Salad Coleslaw Chilled Peaches	April 12 CHEF'S CHOICE Birthday Cake w/ Frosting Happy Birthday!!
April 15 Chicken Stir-Fry Brown Rice Japanese Medley Applesauce	April 16 Macaroni & Cheese Stewed Tomatoes Green Beans Mandarin Orange	April 17 Sloppy Joe on a Hamburger Bun Roasted Potato Bites California Medley Fruited Gelatin	April 18 Easter Dinner Baked Ham/ Sauce Sweet Potatoes Peas & Onions Easter Dessert	April 19 Baked Fish Scandia Sweet Potatoes Spinach Pears
April 22 Cheese Omelet Sliced Ham Hash Brown Potatoes Broccoli Pudding	April 23 Pot Roast/Gravy Mashed Potatoes Peas Tropical Fruit	April 24 Spanish Rice Italian Mix Corn Bread Fruited Gelatin	April 25 Meal Site Closed  Staff Training Day	April 26 Veal Parmesan Penne Pasta Marinara Sauce Winter Squash Mandarin Oranges
April 29 Sour Cream Chicken Potato of the Day Scandinavian Veggies Tropical Fruit	April 30 Manicotti Marinara Meat Sauce Oriental Veggies Carrots Fresh Fruit			Age 60+ Suggested contribution is \$3 Under age 60, required contribution is \$5