




Mizell Senior Center

APRIL 2018 MENU

 = High Sodium Day

Monday	Tuesday	Wednesday	Thursday	Friday
2 Corn Dogs Turkey Chili Meat & Beans Tater tots Coleslaw Cake, Milk 	3 Spaghetti with Meat Sauce, Parmesan Italian Vegetables Garlic Bread Fruit Cocktail, Milk	4 Chicken Burrito Aztec Rice Zucchini & Tomato Salsa & Sour Cream Banana, Milk	5 Swedish Meatball Gravy, Egg Noodles California Blend Vegetables, Roll Apple Sauce & Milk	6 Tuna Salad Sandwich on Wheat Lettuce and Tomato Pea Salad, Chips Milk
9 Beef Pot Roast Potatoes & Carrots Lima Beans Whole Wheat Roll Diced Peaches, Milk	10 Mac & Cheese with Kielbasas Sausage California Blend – Vegetable, Roll, Pineapple, Milk 	11 Parmesan Chicken Roasted Potatoes Peas & Carrots Whole Wheat Roll Banana, Milk	12 Teriyaki Chicken Asian Vegetables Brown rice Hawaiian Roll Orange, Milk	13 Pulled Pork Sandwich Whole Wheat Bun Coleslaw Tater tots Milk
16 Beef Lasagna Green Salad Italian Dressing Garlic Bread Fruit Cocktail, Milk	17 Bar BBQ Chicken Rice Pilaf Carrots Whole Wheat Roll Grapes, Milk	18 Hamburger Lettuce Tomato Baked Beans Coleslaw Banana, Milk 	19 Herb Baked Chicken Mashed Potatoes, Gravy Mixed Vegetables Wheat Roll Pineapple, Milk	20 Turkey Sandwich Wheat Bread Lettuce & Tomato Pea Salad Milk
23 Beef & Cheese Enchilada Zucchini & Tomato Aztec Rice Banana, Milk	24 Asian Chicken Stir Fry Vegetables Chow Mein Noodles Hawaiian Roll Orange, Milk	25 Beef Stew with Potatoes & Carrots Cauliflower Mix Wheat Roll Applesauce, Milk	26 Chef Salad Ham, Turkey, Cheese HB Egg, Dressing Crackers Grapes, Milk	27 Meat Loaf Mashed Potatoes Gravy, Carrots Wheat Roll Milk
30 Chili Dog Coleslaw, Corn with Peppers and Onions Fruit Cocktail, Milk	May 1 Baked Ziti with Mini Meat balls Broccoli Banana, Milk	May 2 Baked Chicken Breast Rice Pilaf Corn and Peppers Apple, Milk	May 3 Baked Cod Egg Noodles Mixed Vegetables Orange, Milk,	May 4 <i>Cinco De Mayo</i> Chicken Enchilada Casserole, Aztec Rice Zucchini & Tomatoes Applesauce, Milk