



Mizell Senior Center

April 2017 Menu



Monday	Tuesday	Wednesday	Thursday	Friday
3 Corn Dogs Turkey Chili Meat & Beans Tater tots Coleslaw Cake, Milk	4 Spaghetti with Meat Sauce, Parmesan Italian Vegetables Garlic Bread Fruit Cocktail, Milk	5 Chicken Burrito Aztec Rice Zucchini & Tomato Salsa & Sour Cream Banana, Milk	6 Swedish Meatball Gravy, Egg Noodles California Blend Vegetables, Roll Apple Sauce & Milk	7 Tuna Salad Sandwich on Wheat Lettuce and Tomato Pea Salad, Chips Juice & Milk
10 Beef Pot Roast Potatoes & Carrots Lima Beans Whole Wheat Roll Diced Peaches, Milk	11  Mac & Cheese with Kielbasas Sausage California Blend – Vegetable, Roll, Pineapple, Milk	12 Parmesan Chicken Roasted Potatoes Peas & Carrots Whole Wheat Roll Banana, Milk	13 Teriyaki Chicken Asian Vegetables Brown rice Hawaiian Roll Orange, Milk	14 Chicken Cordon Blu Béchamel Sauce Noodles, Carrots Dinner Roll Juice & Milk
17 Beef Lasagna Green Salad Italian Dressing Garlic Bread Fruit Parfait, Milk	18 Chicken Broccoli Rice Casserole Carrots Wheat Roll Grapes, Milk	19  Cheeseburger Lettuce Tomato Baked Beans Coleslaw Banana, Milk	20 Herb Baked Chicken Mashed Potatoes Gravy Mixed Vegetables Wheat Roll Pineapple, Milk	21 Turkey Sandwich on Wheat Bread Lettuce & Tomato Pea Salad Juice & Milk
24 Beef & Cheese Enchilada Zucchini & Tomato Aztec Rice Banana, Milk	25 Asian Chicken Stir Fry Vegetables Chow Mein Noodles Hawaiian Roll Orange, Milk	26 Beef Stew with Potatoes & Carrots Cauliflower Mix Wheat Roll Applesauce, Milk	27 Chef Salad Ham, Turkey, Cheese, & HB Egg Dressing Crackers Grapes, Milk	28 Meat Loaf Mashed Potatoes Gravy Carrots Wheat Roll Juice & Milk

 = High Sodium Day