



Mizell Senior Center April 2019 Menu



Monday	Tuesday	Wednesday	Thursday	Friday
<p>1  Beef Hot Dog Chili Meat & Beans Tater Tots Coleslaw</p>	<p>2 Chicken Tamale Roasted Corn & Peppers Aztec Rice Salsa & Sour Cream</p>	<p>3 Meat Loaf Mashed Potatoes W/Gravy Carrots Wheat Roll</p>	<p>4 Teriyaki Chicken Asian Vegetables Brown Rice Hawaiian Roll</p>	<p>5 Baked Cod Wild Rice Pilaf Broccoli</p>
<p>8 Beef Pot Roast Potatoes & Carrots Mixed Vegetable Wheat Roll</p>	<p>9  Oven Fried Chicken Mashed Potato California Blend Vegetable Dinner Roll</p>	<p>10 Turkey Sandwich on Wheat Bread Lettuce & Tomato Pea Salad Baked Chips</p>	<p>11 BBQ Chicken Rice Pilaf Carrots Whole Wheat Roll</p>	<p>12 Baked Ziti W/Mini Meatballs Broccoli</p>
<p>15 Pulled Pork Sandwich Wheat Bun Coleslaw Tater Tots</p>	<p>16 Chicken a la King Parsley Potatoes Green Salad Italian Dressing Biscuit</p>	<p>17  Hamburger Lettuce Tomato Baked Beans Coleslaw</p>	<p>18 Glazed Ham Scalloped Potato Mixed Vegetables Garden Salad Wheat Roll</p>	<p>19 Vegetable Lasagna Wheat Bread Italian Vegetable Blend</p>
<p>22 Chicken Cacciatore Penne Pasta Roasted Squash Medley Garden Salad</p>	<p>23 Chef Salad Ham, Turkey, Cheese HB Egg, Dressing Crackers</p>	<p>24 Beef Stew W/Potatoes & Carrots Cauliflower Mix Wheat Roll</p>	<p>25 Roasted Chicken Breast Ancient Grains Broccoli Au Gratin Corn and Peppers</p>	<p>26 Spaghetti W/Meat Sauce Italian Vegetables Garlic Bread</p>
<p>29 Roasted Turkey Mashed Potato Green Bean Green Salad Hawaiian Roll</p>	<p>30 Swedish Meatball Egg Noodles California Blend Vegetables Wheat Roll</p>	<p> = High Sodium Day</p> 		