

PENDER ADULT SERVICES MENU - April 2018

Monday	Tuesday	Wednesday	Thursday	Friday
2 BBQ Pork Rib Sandwich Sweet Potato Tots Tossed Veg. Salad/Dressing Applesauce (Bun) 2% Milk	3 Mango Chicken Rice Pilaf Stir Fry Vegetables Pineapple Tidbits Egg Roll 2% Milk	4 Popcorn Shrimp Cheese Grits Tuscan Blend Vegetables Peaches Corn Muffin 2% Milk	5 Baked Lasagna Tossed Salad/Dressing Fresh Orange Breadstick/Margarine 2% Milk	6 Chicken Salad Sandwich Cucumber Salad Potato Salad Fruit Cocktail (Bun) 2% Milk
9 Crunchy Baked Fish Steak Fries California Mix Vegetables Sliced Pears White/Wheat Roll/Margarine 2% Milk	10 Ham (low salt) Boiled Potatoes Steamed Cabbage Pears Cornbread / Margarine 2% Milk	11 Salisbury Steak Mashed Potatoes/Gravy Steamed Spinach Mixed Fruit White/Wheat Roll/Margarine 2% Milk	12 Chicken and Dumplings Steamed Broccoli Peaches Biscuit/Margarine 2% Milk	13 Peanutbutter/Jelly Sandwich Cottage Cheese/Fruit Pasta Salad V-8 Juice Cookie 2% Milk
16 Beef Teriyaki Fried Rice Oriental Vegetables Mandarin Oranges Egg Roll 2% Milk	17 Baked Turkey/Gravy Yam Patty Collard Greens Sliced Strawberries White/Wheat Roll/Margarine 2% Milk	18 Mango Chicken Brown Rice Broccoli Fruit Salad Breadstick/Margarine 2% Milk	19 Fish Filet Scalloped Potatoes Tuscan Blend Vegetables Mixed Fruit Cup Biscuit/Margarine 2% Milk	20 Roast Beef/Cheese Sandwich Sliced Tomato/Onion/Lettuce Potato Salad Fresh Orange (Bun) / Mustard, Mayo pkt 2% Milk
23 Sloppy Joe on Bun Green Beans Fruit Cobbler 2% Milk	24 Oven Fried Chicken Noodles Baby Carrots Peaches Biscuit/Margarine 2% Milk	25 Roast Pork Mashed Potatoes/Gravy California Mix Vegetables Sliced Pears Corn Muffin 2% Milk	26 Stuffed Pepper Corn Mixed Fruit Vanilla Pudding White/Wheat Roll/Margarine 2% Milk	27 Chicken Caesar Salad Pasta Salad Three Bean Salad Banana/Granola Bar Crackers/ Dressing 2% Milk
30 Chicken Fingers Baked Beans Coleslaw Pineapple Tidbits White/Wheat Roll/Margarine 2% Milk				Approved by: <i>Kathleen Skelton, RD, RDV</i>

