St. George Senior Center
April 2017

Tuesday	Wednesday	Thursday	Friday
4 **Crustless Chicken Pot Pie** Whole Kernel Corn Mixed Green Salad Apple Blueberry Crips Diet - Hot Apple Slices	***5*** **Mild Pork Carnitas** Brown Spanish Rice Black Beans Mixed Green Salad Pineapple Tidbits	***6*** **Chicken Parmesan** Spaghetti Noodles Italian Vegetable Blend Mixed Green Salad Pears	***7*** **Beef Chili with Beans** Baked Potato w/Sour Cream Parslied Carrots Tropical Fruit
11 **BBQ Pork Sandwich** Tater Tots Baked Beans Coleslaw Seasonal Fruit	***12*** **Sweet and Sour Chicken** Fried Rice Napa Cabbage Mixed Green Salad Mandarin Oranges	***13*** **Beef Lasagna Bake** Capri Vegetable Blend Mixed Green Salad Strawberry Fruited Gelatin Diet - Fruited Gelatin	***14*** ***Easter Holiday Meal*** **Glazed Ham** Sweet Potatoes Casserole Green Beans Amandine Mixed Green Salad Seasonal Fruit Heavenly Chocolate Pudding Diet - Chocolate Pudding
18 **Country Fried Steak w/Gravy** Whipped Potatoes Stewed Tomatoes Coleslaw Seasonal Fruit	***19*** **Swedish Meatballs** Egg Noodles Green Peas Mixed Green Salad Tropical Fruit	***20*** **Pork Roast w/Mushroom Gravy** Baked Potato w/Sour Cream Glazed Carrots Mixed Green Salad Seasonal Fruit	***21*** **Tater Tot Casserole** Spiced Beets Coleslaw Hot Spiced Fruit Chocolate Chip Cookie Diet - Vanilla Wafers
25 **All Beef Hamburger** Lettuce/Tomato/Onion Potato Wedges Baked Beans Seasonal Fruit French Silk Pudding Diet - Chocolate Pudding	***26*** **Potato Crusted Fish** Macaroni and Cheese Capri Vegetables Coleslaw Pineapple Tidbits	***27*** **Salisbury Steak w/Onion Gravy** Whipped Potatoes Mixed Vegetables Mixed Green Salad Applesauce	***28*** **Crispy Baked Chicken** Hashbrown Casserole Garden Vegetables Mixed Green Salad Seasonal Fruit
			A suggested donation of $3.00 is requested from seniors 60 and older. …… ***Persons under 60 can Enjoy a meal for $7.00.*** …… ***Milk and Bread served with all meals.***