

RVCOG FOOD & FRIENDS

A P R I L



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>A suggested minimum donation is requested from seniors 60 & older.</p> <p>Non-seniors must pay full cost of the meal.</p> <p>1% milk served with all meals.</p>	1 <i>Birthday Special</i> Meatloaf with Brown Gravy Whipped Potatoes Peas & Carrots Sunflower Seed Bread Chocolate Cake	2 Turkey Tetrizzini Sliced Carrots Broccoli Wheat Roll Snickerdoodle Bar	3 BBQ Chicken Salad over Spinach Romaine Pickled Beets Rye Bran Roll Pineapple Tidbits	4 <i>Around the World</i> <i>New!</i> Butter Chicken Jasmine Rice Green Peas Pineapple Slaw Lemon Cookie
	7 ✓ Macaroni & Cheese Parmesan Tomatoes Green Peas with Onions Wheat Roll Oreo Fluff	8 Chicken A La King Whipped Potatoes Cabbage and Carrots Honey Wheat Bread Lime Whip	9 Sweet & Sour Chicken Brown Rice Spinach Romaine Kyoto Vegetables Chocolate Oatmeal Bar	10 Italian Sausage Sandwich Baked Beans Whole Kernel Corn Hot Dog Bun Fresh Orange
14 Homestyle Pork Patty with Pork Gravy Delmonico Potatoes Broccoli & Carrots Onion Bread Seasonal Fruit	15 Tuna Salad Sandwich Shredded Lettuce Pickled Beets <i>New!</i> Broccoli Ranch Coleslaw Wheat Bread Pineapple Tidbits	16 <i>Birthday Special</i> Meatloaf with Brown Gravy Whipped Potatoes Cabbage and Carrots Garlic Bread Lemon Blondie	17 Thai Chicken Stir Fry Steamed Rice Mixed Vegetables Green Beans Chocolate Pudding	18 <i>Easter Special</i> Glazed Ham Sweet Potato Casserole Green Beans with Onions Honey Wheat Bread Carrot Cake
21 Turkey Divan Bake California Vegetables Apple Cranberry Coleslaw Seven Grain Roll Joy's Applesauce Cookie	22 Greek Chicken Pasta Salad over Romaine Iceberg <i>New!</i> Tomato, Cucumber, & Feta Salad Multigrain Roll Peaches	23 Salisbury Steak with Brown Gravy Whipped Potatoes Peas & Carrots Oat Bran Wheat Roll Confetti Cake	24 Roast Pork with Apple Chutney Sauce Mashed Spiced Yams Mixed Vegetables Seven Grain Roll Peanut Butter Cookie	25 Breaded Fish with Tartar Sauce Glazed Carrots Garlic Spinach Rye Bran Roll Peaches /P'apple
28 ✓ Spicy Southwest Pasta Stewed Tomatoes Green Beans White Dinner Roll Orange Delight	29 Beef Taco with Cheese Lettuce & Tomatoes Pinto Beans Chuckwagon Corn Flour Tortilla Snickerdoodle Bar	30 BBQ Diced Chicken Sandwich Baked Beans Tater Gems Ketchup Hamburger Bun Grace's Chocolate Bar		<p>ALLERGEN DISCLAIMER: This kitchen uses the following products in meal preparation: tree nuts, sesame, peanuts, soy, eggs, milk, fish, shellfish, wheat, and other products containing gluten. We cannot guarantee that menu items are free of allergens because we use shared equipment and handle common allergens throughout the supply chain.</p> <p><i>New!</i> denotes new item</p>

✓ denotes vegetarian option