


2024

APRIL

Milk & Fruit Served Daily

	Monday	Tuesday	Wednesday	Thursday	Friday
W E E K 1	01 FROZEN MEAL	02 Bean & Cheese (Frijol Y Queso) Enchiladas Zucchini & Squash Side Salad w/ Dressing	03 Turkey (Pavo) Chili Mac Seasoned Corn	04 Country-Fried Steak (Carne) Mashed Potatoes Mixed Vegetable WW Roll	05 Breaded Fish (Pescado) Sandwich Green Beans Mashed Sweet Potato
W E E K 2	08 FROZEN MEAL	09 Bacon Cheeseburger (Hamburguesa) Buffalo Cauliflower Baked Lays Chips	10 Chicken (Pollo) Caesar Salad Pita Jicama Coleslaw Pickled Beets	11 Bratwurst (Salchicha) w/ Sauerkraut Hoagie Roll Green Beans German Potato Salad	12 Krab (Cangrejo) Salad on Mixed Greens Marinated Cucumbers WW Crackers
W E E K 3	15 FROZEN MEAL	16 Turkey (Pavo) & Cheddar Ciabatta Sandwich Zucchini Sticks & Ranch	17 Beef Bolognese (Boloñesa) w/ Pasta Mixed Vegetable Spiced Peaches	18 Crispy Chicken (Pollo) Sandwich Au Gratin Potatoes Italian Blend Vegetable	19 Lemon Pepper Cod (Bacalao) Roasted Sweet Potatoes Seasoned Broccoli WW Roll
W E E K 4	22 FROZEN MEAL	23 Turkey (Paavo) Tetrzzini Dilled Peas & Carrots Roasted Yellow Squash	24 Salisbury Steak (Carne) Mashed Potatoes w/ Gravy Mixed Vegetable WW Roll	25 Greek Chicken (Pollo Pita) Cauliflower & Garbanzo Salad	26 Fish (Pescado) Veracruz Creamed Spinach WG Roll
W	29	30	--	--	03

	Monday	Tuesday	Wednesday	Thursday	Friday
E E K 5	FROZEN MEAL	Beef Stroganoff (Stroganoff de Ternera) WW Pasta Green Beans Mixed Vegetable			



This program is funded in part through a contract with Area Agency on Aging, Region One, Inc. Any points of view are those of the author and do not necessarily represent the official position or policies of the Area Agency on Aging or related funders.

Your delivery originates at: McDowell Senior Center
Should you need to cancel meal delivery, please call 602-368-3004