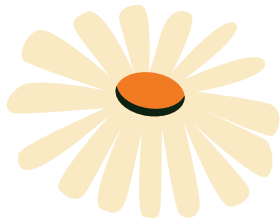


APRIL MENU

For next day reservations (lunch is served at 11:30 am), call [480-962-5612](tel:480-962-5612) (Mesa Downtown) or [480-218-2221](tel:480-218-2221) (Red Mt).
 The Suggested Contribution for participants age 60+ is \$3.50.
 Items with ** contain pork or pork products. Menu items subject to change due to availability.

MONDAY



TUESDAY

1

Cod Fillet, Brussels Sprouts, Chuck Wagon Corn, Brown Rice Pilaf, and Mixed Berries.

WEDNESDAY

2

Beef and Broccoli, Edamame, Asian Veggie Mix, Brown Rice Pilaf, and Pear Slices.

THURSDAY

3

Scrambled Eggs and Turkey Sausage, Tater Tots, Sauteed Spinach, a Whole Wheat Tortilla, and Mandarin Orange Slices.

FRIDAY

4

Penne Pasta and Beef Meatballs, Green Beans, Garden Green Salad, a Bread Stick, and Sliced Pears.

7

Shrimp Alfredo on Penne Pasta, Broccoli, Mixed Vegetables, and Pineapple Chunks.

8

Broccoli and Cheese Stuffed Chicken Breast, Spinach, Baby Carrots, a Whole Wheat Biscuit, and an Apple.

9

Beef Stew, Carrots and Potatoes, Broccoli, a Whole Wheat Biscuit, and Aprichot Slices.

10

Barbeque Chicken Breast, Potato Wedges, 4-Way Veggie Medley, and Grapes.

11

Veggie Lasagna, Normandy Vegetables, Garden Green Salad, a Whole Wheat Roll, and Mandarin Orange Slices.

14

Open-Faced Roast Beef Sandwich on Whole Wheat Bread, Roasted Red Potatoes, Green Beans, a Banana, and Whole Wheat Fig Newtons.

15

Cheese Ravioli with Spinach, 3-Bean Salad, Sliced Beets, a Whole Grain Roll, and Pineapple Chunks.

16

Salisbury Steak, Mashed Potatoes, Normandy Vegetables, a Whole Grain Roll, and a Peach Crisp with Oatmeal Topping.

17

Cod Fillet, Brussels Sprouts, Chuck Wagon Corn, Brown Rice Pilaf, and Mixed Berries.

18

Chicken Parmesan, Italian Blend Vegetables, Wax Beans, Whole Wheat Penne Pasta, an Italian Breadstick, and Strawberries.

21

Veggie Lasagna, Yellow Squash, 5-Way Vegetable Mix, and Cubed Mangoes.

22

Roasted Pork** Loin, Cauliflower, Peas, Brown Rice Pilaf, Mixed Berries, and Whole Wheat Fig Newtons.

23

Bean and Cheese Burrito with Mexican Corn, Bell Peppers and Onions,, Spanish Brown Rice, and Cubed Mangoes.

24

Meatloaf, Roasted Skin-On Potatoes, Brussels Sprouts, a Whole Grain Roll, and a Peach Crisp with Oatmeal Topping.

25

Chicken Kiev, Stewed Tomatoes, Italian Green Beans, a Whole Wheat Roll, and a Granny Smith Apple.

28

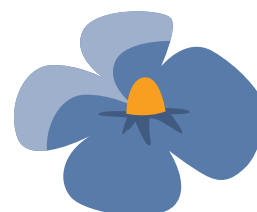
Beef Stir Fry with Rice, Bell Peppers and Onions, Asian Vegetable Blend, Roasted Tomatoes, and a Banana.

29

Chicken Taco on a Whole Wheat Tortilla, Refried Beans, Corn, and Pineapple Chunks.

30

Baked Ham** with Pineapple, Yams, Edamame, a Whole Wheat Roll, and Aprichot Slices.



Items with **contain pork or pork products.

Menu subject to change due to availability.