


Monday, April 1	Tuesday, April 2	Wednesday, April 3	Thursday, April 4	Friday, April 5
PEPPER STEAK (3oz EP beef strips, 1oz onions, 1oz peppers, 2oz beef sauce) ½ cup oriental blend (broccoli, snow peas, red peppers) ½ cup brown rice* 1 slice WW bread*, pc marg ½ cup pears*	ROSEMARY ROASTED TURKEY W LIGHT TURKEY GRAVY (3 oz EP turkey, 2oz light gravy) ½ cup Brussel sprouts ½ cup corn bread stuffing* 1.5 oz WW roll**, pc margarine ½ cup peaches*	CHICKEN MARSALA (3oz EP chicken breast, 1oz mushrooms, 2oz marsala sauce) ½ cup red skinned potatoes* ½ cup green beans almondine 1.5oz WW roll**, pc margarine ½ cup berry applesauce*	SLOPPY JOES (2oz ground beef, ¼ c lentils, 2oz sloppy joe sauce)** ½ cup carrots, cauliflower and broccoli ½ cup wax beans 2oz WW hamburger roll** 1oz chocolate chip cookie*	VEGETABLE OMELET W AMERICAN CHEESE (2oz whole eggs, 1oz cheese, ½ c tomato, peppers, onions) ½ cup cran apple compote* ½ cup hash browns* 1 slice Rye bread*, pc marg Fresh Peach* or ADC ½ c canned fruit*
Monday, April 8	Tuesday, April 9	Wednesday, April 10	Thursday, April 11	Friday, April 12
ROTINI WITH MEATBALLS (3oz EP gr beef, 2oz tomato sauce, ½ cup rotini*) ½ cup cauliflower 1 slice WW bread*, pc marg ½ cup peaches* 2	GARLIC CHICKEN (3oz EP chicken, ½ cup snow peas, carrots) ½ cup fried brown rice* ½ cup sesame green beans 1.5 oz WW roll**, pc marg Fresh orange* or ADC ½ c canned fruit*	BEEF MERLOT (3oz EP beef, 2oz sauce w sautéed onions) ½ cup whipped sweet potatoes* ½ cup roasted beets* 1 sl WW bread*, pc margarine ½ cup cinnamon applesauce*	BAKED CHICKEN w LIGHT POULET SAUCE (3oz EP chicken breast, 2oz light chicken gravy) ½ cup traditional stuffing* ½ cup carrots, snap peas, broccoli and craisins* 1.5oz WW roll**, pc marg ½ cup fruit cocktail* ½ c apple juice*	BAKED FISH SANDWICH (4oz EP seasoned tilapia, pc dill sauce) ½ c grilled vegetables (peppers, zucchini, onions) ½ c lemon herb brown rice* 2oz WW hamburger roll** ½ cup pineapples*
Monday, April 15	Tuesday, April 16	Wednesday, April 17	Thursday, April 18	Friday, April 19
PIZZA BURGER (3oz EP ground beef, 0.5oz PS mozz, 1oz tomato sauce*) ½ cup unseasoned potato wedges* ½ cup carrots w spinach 2oz WW hamburger roll** ½ cup mandarin oranges*	GLAZED HAM (4oz turkey ham) w/ 2oz FRUIT SAUCE* ½ c Corn Pudding* ½ c California Blend Vegetables 1.5 oz Easter Egg Wash Roll** Fruit Dessert* 4oz grape juice*	BAKED FISH W TOMATO OLIVES & CAPERS (4oz tilapia, 2oz sauce) ½ cup wax bean, green bean ½ cup orzo w peppers* 1.5 oz WW roll**, pc marg ½ cup applesauce*	ROASTED CHICKEN W GARLIC THYME PAN SAUCE (3oz EP chicken, 2oz sauce) ½ cup carrots ½ cup kale spinach and white beans 1 sl WW bread*, pc marg 1.5oz lemon muffin**	BUTTER CRUMB FISH (4oz EP tilapia) ½ cup butter parsley potatoes* ½ cup ratatouille (eggplant, peppers, chopped tomatoes) 1.5oz WW roll**, pc marg 1.5oz banana muffin**
Monday, April 22	Tuesday, April 23	Wednesday, April 24	Thursday, April 25	Friday, April 26
CREAMY CHICKEN W VEGETABLES (3oz EP diced chicken, ½ cup mushrooms, potatoes, carrots, peas)* ½ cup wide noodles* ½ cup brussel sprouts 1 sl rye bread*, pc margarine ½ cup fruit cocktail*	MANICOTTI W CHEESE (1/2 cup PS Ricotta, 1 oz PS mozz, 2 oz tomato sauce, ¾ cup manicotti shell)*** ½ cup broccoli & carrots ½ cup pears w oat topping* Fresh Plum* or ADC ½ c canned fruit*	SALISBURY STEAK W GRAVY (3oz EP beef, 2oz light beef gravy) ½ cup mashed potatoes* ½ cup mix vegetables (corn carrot, peas)* 2oz club roll** ½ cup mandarin oranges* 4oz orange juice*	BBQ CHICKEN (3oz EP chicken, 1oz BBQ sauce) ½ cup green beans ½ cup seasoned potato cubes 1.5 oz whole wheat roll, pc margarine ½ cup applesauce*	TORTELLINIS W MINI MEATBALLS (3oz EP ground beef, ¼ c PS mozzarella, 1oz PS mozz topping, ¾ c pasta, 2 oz tomato sauce)*** ½ c zucchini, carrots and yellow squash ½ c warm cinnamon apples* Fresh orange* or ADC ½ c canned fruit*
Monday, April 29	Tuesday, April 30	APRIL 2019		NOTES
CRABCAKE & MAC & CHEESE (3oz EP surimi, ½ elbow noodles, 1 oz cheddar cheese)*** ½ cup scalloped tomatoes ½ cup broccoli 1 slice WW bread*, pc marg 1oz sugar cookie*	PEPPER STEAK (3oz EP beef strips, 1oz onions, 1oz peppers, 2oz beef sauce) ½ cup oriental blend (broccoli, snow peas, red peppers) ½ cup brown rice* 1 slice WW bread*, pc marg ½ cup pears*			* 1 Carb choice ** 2 Carb choices 1% Milk* is offered every day Diet option for sweetened desserts - ½ c fruit EP: Edible Portion Menu Subject to Change