

# OGDEN SENIOR CENTER NUTRITIONAL MENU April-18

<b>MONDAY</b> <span style="float: right;"><b>2</b></span> Chicken ala King over Biscuit Coleslaw Carrots Pears	<b>WEDNESDAY</b> <span style="float: right;"><b>4</b></span> Stuffed Pepper w/Sauce Mashed Winter Squash Wax Beans Whole Grain Dinner Roll Petite Banana	<b>FRIDAY</b> <span style="float: right;"><b>6</b></span> Chili Topped Baked Potato w/Shredded Cheese Sour Cream Tossed Lettuce Salad w/Ranch Dressing Wheat Bread Apricots
<span style="float: right;"><b>9</b></span> Breaded Haddock w/Tartar Sauce Coleslaw w/o Pineapple Peas Wheat Bread Fruit Cocktail	<span style="float: right;"><b>11</b></span> Sweet & Sour Pork on Brown Rice Oriental Blend Vegetables Carrots 12-Grain Bread Fresh Apple	<span style="float: right;"><b>13</b></span> Oven Brownd 1/4 Chicken Navy Bean Soup Mashed Sweet Potatoes Grape Juice Wheat Bread Peaches
<span style="float: right;"><b>16</b></span> Country Captain Chicken over Brown Rice Tuscany Blend Vegetables Lima Beans White Dinner Roll Apricots	<span style="float: right;"><b>18</b></span> Hot Roast Beef Sandwich on 12-Grain Bread w/Gravy Tomato Florentine Soup Smashed Potatoes Mandarin Oranges	<span style="float: right;"><b>20</b></span> Swiss Steak w/Mushroom Sauce Mashed Potatoes Brussel Sprouts 12-Grain Bread Pears
<span style="float: right;"><b>23</b></span> Goulash w/Ground Beef Green Beans Malibu Blend Vegetables Rye Bread Peaches	<span style="float: right;"><b>25</b></span> Rosemary Oven-Brownd 1/4 Chicken Mexican Bean Soup Italian Blend Vegetables 12-Grain Bread Petite Banana <p style="text-align: center;"><b>28 cupcakes</b></p>	<span style="float: right;"><b>27</b></span> Braised Pork Chop w/Gravy Scalloped Potatoes Broccoli Warm Applesauce Wheat Bread Oatmeal Raisin Cookie
<span style="float: right;"><b>30</b></span> Chicken Breast w/L,T, M on Bur Cabbage Beef Soup Tuscany Blend Vegetables Pears	<p><b>All meals served with milk, bread, and butter. Soup served with crackers.</b></p>	



Monroe County Dept of HS/Office for the Aging

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