



# APRIL 2024

## Congregate Menu

Senior  
Nutrition  
Program  
410-222-0256

### MONDAYS

**04/01**

Swedish Beef Meatballs  
Penne Pasta  
Green Peas  
Carrots  
Tropical Fruit

**04/08**

Turkey w/ Country Gravy  
Spiced Yams  
Brussels Sprouts  
Three Bean Salad  
Applesauce

**04/15**

Santa fe Beef Chili  
Brown Rice  
Broccoli  
Cornbread Muffin  
Fresh Fruit

**04/22**

Creamy Pesto Chicken  
w/ Ziti  
Ratatouille  
Italian Bread  
Mixed Fruit

**04/29**

Rotini w/ Meat Sauce  
Yellow Squash  
Green Beans  
Tropical Fruit

### TUESDAYS

**04/02**

Baked Chicken w/ Onion  
Gravy  
Roasted Potatoes  
Spinach  
Creole Cucumber Salad

**04/09**

Pulled BBQ Pork  
Baked Beans  
Collard Greens  
Fresh Fruit

**04/16**

Turkey w/ Apple  
Cranberry Demi-glaze  
Macaroni & Cheese  
Green Peas  
Beet Salad  
Mixed Green Salad

**04/23**

Mojo Pulled Pork  
Beans & Rice  
Fiesta Veggie Blend  
Tortilla  
Tropical Fruit & Dessert

**04/30**

Caribbean Glaze Chicken  
Black Beans  
Plantains  
Cucumber Onion Salad

### WEDNESDAYS

**04/03**

Cheeseburger  
Steak Fries  
Beet Salad  
Coleslaw  
Applesauce

**04/10**

Breaded Cod Po Boy  
Louisiana Remoulade  
Coleslaw  
Steak Fries  
Peaches

**04/17**

Cabbage Roll w/  
Marinara Sauce  
Mashed Potatoes  
Herbed Green Beans  
Fresh Fruit

**04/24**

Sweet & Sour Beef  
Meatballs  
Brown Rice  
Green Peas  
Carrots  
Tropical Fruit

### THURSDAYS

**04/04**

Honey Ginger Ham  
Macaroni & Cheese  
Broccoli  
Fresh Fruit

**04/11**

Roast Beef w/ Au Jus  
Mashed Potatoes  
Glazed Carrots  
Cucumber Onion Salad  
Mixed Fruit

**04/18**

Roast Beef & Cheddar Sub  
Potato Salad  
Fresh Fruit

**04/25**

Honey BBQ Chicken  
Black-eyed Peas  
Collard Greens  
Beet Salad  
Pineapple Tidbits

### FRIDAYS

**04/05**

10 Grain Pollack  
Black-eyed Peas  
Okra, Tomatoes, Corn  
Macaroni Salad  
Fresh Fruit

**04/12**

Stuffed Shells w/  
Marinara  
Zucchini & Cauliflower  
Mixed Green Salad  
Italian Breadstick  
Pineapple Tidbits

**04/19**

Lemon Caper Tilapia  
Lima Beans  
Carrots  
Cucumber Tomato Salad  
Mandarin Oranges

**04/26**

Potato Crusted Pollack  
Au Gratin Potatoes  
Broccoli  
Fresh Fruit