

**ONEgeneration Meal Program – Wilkinson Senior Center**

**APRIL 2026**

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p><b>DOA Requirements:</b> Lunch meets 1/3 requirement for the Recommended Daily Allowance. [=] Potassium-rich *Meets Vitamin C requirement **Meets Vitamin A requirement ***Meets Vitamin A &amp; C requirement</p> <p><b>Suggested voluntary contribution – \$3.00 per meal</b></p>		<p><b>Beef Fajita</b> <u>1</u> (beef strips w/ peppers &amp; onions) LS Pinto Beans Tossed Green Salad *Cantaloupe or Tangerine Warm Whole Grain Tortilla</p>	<p><b>Easter Menu: Turkey</b> <u>2</u> w/ Cranberry Sauce [=]** Whipped Sweet Potato Brown Rice Pilaf Mixed Green Salad w/ Spinach &amp; Strawberries *[=]Orange Juice WG Roll Tapioca or Lemon Pudding</p>	<p><b>Tuna Salad</b> <u>3</u> (tuna w/ celery &amp; onion) <b>LS Corn Chowder</b> Herbed Potato Salad *Creamy Coleslaw Baked Apple or Unsweetened Applesauce Whole Grain Roll</p>
<p><b>Korean BBQ</b> <u>6</u> (beef w/ LS Korean BBQ sauce) Herbed Zucchini ***Broccoli Salad w/ Sliced Radish Pineapple (in own juice) Herbed Brown Rice</p>	<p><b>Fish Vera Cruz</b> <u>7</u> <b>LS Garden Veggie Soup</b> LS Black Beans *Creamy Coleslaw Banana Whole Grain Bread or Warm WG Tortilla</p>	<p><b>Chicken Dijon</b> <u>8</u> <b>LS Tomato Basil Soup</b> Green Beans ***Chopped Salad w/ Kale, Lettuce, Cucumber &amp; Carrots Fresh/Unsweetened Peach Whole Grain Roll</p>	<p><b>Stuffed Bell Pepper</b> <u>9</u> (ground beef &amp; barley) Green Peas Romaine Salad w/ Tomato *Orange or Tangerine Dinner Roll Oatmeal Cookie</p>	<p><b>Vegetarian Paella</b> <u>10</u> (LS garbanzo beans, tomato &amp; red pepper, LS sauce, &amp; brown rice) Broccoli **Spinach Salad *Mango</p>
<p><b>Breaded Baked Fish</b> <u>13</u> <b>LS Butternut Squash or Pumpkin Soup**</b> **Yam or Sweet Potato *LS Beet &amp; Mandarin Orange Salad Fresh/Unsweetened Peach OR Plum WG Bread</p>	<p><b>Meatloaf</b> <u>14</u> (ground beef w/ LS gravy) Garlic Mashed Potatoes Brussels Sprouts *Pineapple/Mango Fruit Cup Whole Grain Roll</p>	<p><b>Turkey Veggie Stir-Fry</b> <u>15</u> w/ Lo Mein Noodles &amp; Mixed Veg Blend** (broccoli &amp; onions) <b>LS Veggie Soup</b> *Cabbage, Cucumber &amp; Radish Salad Poached Ginger Pear Whole Grain Bread</p>	<p><b>Caribbean Chicken</b> <u>16</u> LS Red Beans **Mesclun Salad w/ Shredded Carrots *Kiwi Brown Rice Pilaf</p>	<p><b>Beef Bolognese</b> <u>17</u> w/ WG Penne Pasta &amp; LS Tomato Sauce Herbed Zucchini &amp; Yellow Squash Salad w/ Croutons Fruit Cup (apple &amp; melon) *100% Orange Juice Vanilla Pudding</p>
<p><b>NOTE: Menu is subject to change without notice.</b></p>				
<p><b>Chicken Adobo</b> <u>20</u> Green Peas ***Marinated Bell Pepper and Tomato Fresh/Unsweetened Pear or Peach Spanish Brown Rice</p>	<p><b>Quiche</b> <u>21</u> (2 eggs, tofu, spinach, mushrooms, cheese garnish) <b>LS Italian Wedding Soup</b> **Broccoli Caesar Salad *Orange WG Bread</p>	<p><b>Shepherd's Pie</b> <u>22</u> (ground beef w/ mashed potatoes) **Carrots Mixed Salad Greens Pineapple/Mango Fruit Cup Whole Grain Roll</p>	<p><b>Baked Fish Almandine</b> <u>23</u> <b>LS Mushroom Soup</b> Green Beans w/ Herbs ***Spinach Salad w/ Kale, Cucumber, Mandarin Orange Barley w/ Herbs Yogurt Parfait w/ Berries</p>	<p><b>Arroz con Pollo</b> <u>24</u> Chicken w/ Brown Rice LS Pinto Beans *Shredded Cabbage, Mixed Salad Greens &amp; Radish Apple</p>
<p><b>Savory Beef Stew</b> <u>27</u> (beef cubes, carrots, celery &amp; onion** w/ LS sauce) Herbed Brussels Sprouts Mashed Potatoes Fresh Fruit in Season *100% Orange Juice Oatmeal Cookie WG Roll</p>	<p><b>Enchilada Casserole</b> <u>28</u> (ground turkey w/ LS salsa verde (green sauce), corn tortilla &amp; cheese garnish) LS Black Beans Mesclun Salad Mango Fruit Cup Spanish Brown Rice</p>	<p><b>Baked Pollock</b> <u>29</u> w/ Lemon Sauce <b>LS Lentil Soup</b> Yellow Squash ***Broccoli Salad Unsweetened Applesauce Barley Pilaf</p>	<p><b>BBQ Chicken</b> <u>30</u> w/ LS Sauce *Tri Color Coleslaw Canned Pear or Melon Macaroni w/ Cheese Whole Grain Roll</p>	