


Monday	Tuesday	Wednesday	Thursday	Friday
3 Stuffed Manicotti or Shells w/ Meat Sauce [=]Lentil Soup Mesclun Salad Mix, **Carrot & Zucchini Sauté, *Fruited Gelatin w/Pineapple & Mandarin	4 Soft Fish Taco Tomato Soup w/ Salsa, Flour or Corn Tortilla, ***Shredded Cabbage, Bell Pepper, Shredded Carrots, Pinto Beans, [=]Lemon Pudding	5 Chicken Adobo Vegetable Brown Rice Pilaf, [=]Beet Salad w/Mandarin Oranges*, Green Bean Medley, [=]Banana	6 Turkey Tarragon Stew Bulgur Wheat, **Stew Vegetables, Mixed Green Salad w/assorted lettuce, *[-]Fruit Cup w/Pineapple	7 Brisket w/ Caramelized Onions Whole Grain Bread, [=]Mashed Potatoes, Broccoli**, Apple, [=]Orange Juice*
10 Baked Fish w/Vegetables & Lemon Sauce Vegetable Soup Whole Grain Bread, ***Spinach Salad w/ Mandarin Orange, Peas & corn, Butterscotch Pudding	11 Passover Menu Herb Roast Chicken Chicken Soup Matzoh, Carrot Tzimmes**, Pineapple Slaw*, Red Grapes 	12 Enchilada Casserole Assorted Salad Greens with Apple and Celery, [=]Pinto Beans, Vanilla Sliced/Diced Pear, [=]Orange Juice*	13 Chicken Piccata w/Lemon Sauce Penne Pasta w/Lemon Sauce, Mixed Salad, [=]**Sauté Spinach, *Fruited Gelatin w/Pineapple & Mandarin	14 Good Friday Manicotti or Stuffed Shells Dinner Roll, Mixed Vegetables**, [=]Spinach Salad, [=]Orange, or Tangerines or Strawberries*, Grape Juice 
17 Easter Menu Brisket of Beef  Rice Pilaf, Dinner Roll, Green Beans w/Mushrooms, Garden Salad, [=]Bread Pudding w/raisins, [=]Orange Juice	18 Rotisserie Chicken [=]Bean Soup Whole Grain Bread, [=]Harvard Beets, Romaine Lettuce Salad w/Shredded Carrots & Cucumber, [=]*Orange or Tangerines or Cantaloupe	19 Turkey Bolognese w/Penne Pasta [=]***Mixed Salad w/Shredded Cabbage & Brussels Sprouts, Spinach, Green Beans w/Mushrooms, Apple or Applesauce	20 Vegetarian Chili Whole Grain Bread, Carrot Raisin Salad**, Broccoli**, [=]Banana, [=]*Orange Juice	21 Chicken & Vegetable Curry Stew Brown Rice, Mixed Salad Greens w/ Romaine, Leaf lettuce & Tomatoes, Cauliflower & Peas, *Fruit Cup Pineapple, Orange and Melon [=]
24 Swedish Meatballs w/Low Sodium Gravy Tarragon Noodles, Mesclun Salad w/Romaine, Apple & Celery, Corn & Lima Beans, [=]*Fruited Gelatin w/Mandarin Orange	25 Hawaiian Chicken Brown Rice Pilaf, Mixed Green Salad, ** Ginger Carrots, [=]*Orange or Tangerines or Cantaloupe	26 Baked Breaded Fish w/Tartar sauce Vegetable/Lentil Soup Whole Grain Bread, *Coleslaw - Red & Green Cabbage, Whipped Butternut Squash, Yam or Sweet Potato**, Fresh Peach or Unsweetened	27 Chicken Carnitas Vegetable Soup Flour or Corn Tortilla, ***Spinach Salad w/Mandarin Orange, [=]Black Beans, [=]Tapioca Pudding	28 Salisbury Steak Whole Grain Bread, [=]Rosemary Mashed Potatoes, Mixed Vegetables**, [=]Banana, [=]*Orange Juice`



* Meets Vitamin C requirement
 **Meets Vitamin A requirement for Department of Aging.
 ***Meets Vitamin A & C
 [=] Potassium-rich
 Lunch meets 1/3 requirement for the Recommended Daily Allowance.