

April		Aging Ahead Sullivan Senior Center Menu				2024			
Monday		Tuesday		Wednesday		Thursday		Friday	
1	CLOSED FOR VOTING	2	CLOSED FOR VOTING	3	CLOSED FOR VOTING	4	GAME DAY HOTDOG CHIPS BAKED BEANS PEAS MANDARIN ORANGES MILK, TEA, & COFFEE	5	LEMON PEPPER FISH PARMESAN TOMATOES GREEN BEANS FRUIT PARFAIT DINNER ROLL RICE PILAF MILK, TEA, & COFFEE
8	SEASONED BAKED CHICKEN GLAZED CARROTS FRUIT COCKTAIL MAC & CHEESE WHEAT ROLL PEA SALAD MILK, TEA, & COFFEE	9	BAKED COD STEWED TOMATOES SNAP PEAS PEACHES WHEAT BUN GRANOLA BAR MILK, TEA, & COFFEE	10	SWEDISH MEATBALLS CALIF. BLEND VEGETABLES BLACK EYED PEAS BANANA NOODLES WHITE BREAD MILK, TEA, & COFFEE	11	PORK TENDERLOIN BRUSSEL SPROUTS MASHED POTATOES STRAWBERRY ANGEL FOOD CAKE CORN BREAD MILK, TEA, & COFFEE	12	SWEET POTATO CASSEROLE PEARS ORANGE WHEAT BREAD BREAKFAST CEREAL MILK, TEA, & COFFEE
15	BEER BATTERED COD TOMATOES & ZUCCHINI PINEAPPLE SALAD HUSHPUPIES WHOLE GRAIN MUFFIN CORN SALAD MILK, TEA, & COFFEE	16	TURKEY PESTO SANDWICH POTATO SALAD MARINATED VEG SALAD FRUIT COCKTAIL CIABATTA ROLL MILK, TEA, & COFFEE	17	MEATLOAF AU GRATIN POTATOES STEAMED BROCCOLI STRAWBERRIES WHEAT ROLL CEREAL BAR MILK, TEA, & COFFEE	18	CHICKEN CACCIATORE SAUTEED SPINACH APPLE COBBLER WHEAT BREAD MILK, TEA, & COFFEE	19	BEEF TIPS W/MUSHROOM MASHED POTATOES & GRAVY WHEAT ROLL ROASTED ZUCCHINI MIXED BERRIES BROWNIE MILK, TEA, & COFFEE
22	SALSA CHICKEN BLACK BEANS CHEESY CAULIFLOWER MANGO SPANISH RICE COOKIE MILK, TEA, & COFFEE	23	PHILLY CHEESESTEAK BABY CARROTS ROASTED POTATOES DICED PEACHES WHEAT BUN MILK, TEA, & COFFEE	24	CRAB CAKES SWEET POTATO FRIES SAUTEED CABBAGE WATERMELON RICE PILAF WHEAT BREAD MILK, TEA, & COFFEE	25	SALISBURY STEAK MASHED POTATOES & GRAVY MEADOW BLEND VEG. APPLE SAUCE WHEAT ROLL MUFFIN MILK, TEA, & COFFEE	26	BBQ PORK RIBLET BUTTERNUT SQUASH ARTICHOKE SALAD SPICED APPLES WHEAT BUN MILK, TEA, & COFFEE
29	CHICKEN POT PIE HARVARD BEETS BRUSSEL SPROUTS APPLE JUICE VANILLA WAFFERS MILK, TEA, & COFFEE	30	HAM & BEANS BROCCOLI BLACKBERRIES CORNBREAD CEREAL BAR MILK, TEA, & COFFEE	LUNCH RESERVATION REQUIRED 573-468-3766 SUGGESTED DONATION IS \$5				Visit our website at agingahead.org to Register for CHOICE Programs or call Jean at 636-207-4227	