

Lunch Menu april

Monday	Tuesday	Wednesday	Thursday	Friday
4/2/2018	4/3/2018	4/4/2018	4/5/2018	4/6/2018
Hamburger Steak w/ Gravy & Onions Rice Pilaf Green Beans Orange Sliced Bread	Turkey Hot Dog Mac-n-cheese Garden Peas Peaches Hot Dog Bun	BBQ Pork Riblet Rice California Veg Ambrosia Roll	Sloppy Joe Roasted Potatoes Seasoned Greens Banana Bun	Chicken Alfredo Pasta in Alfredo Broccoli Spiced Apple & Rasins Sourdough
Milk	Milk	Milk	Milk	Milk
4/9/2018	4/10/2018	4/11/2018	4/12/2018	4/13/2018
Glazed Ham Sweet Potatoes Green Beans Orange Roll	Country Fried Steak Mashed Potatoes Seasoned Greens Mixed Fruit Cup Sliced Bread	Chicken Pot Pie Biscuit Garlicy Broccoli Spiced pears Biscuit	Chicken Tenders Dirty Rice Peas & Onions Mandarins Roll	Turkey Corn Dogs Cheesy Potatoes Zucchini & Tomatoes Apple Sauce Wheat Roll
Milk	Milk	Milk	Milk	Milk
4/16/2018	4/17/2018	4/18/2018	4/19/2018	4/20/2018
Meatball Stroganoff Noodles Mixed Vegetables Apple Sauce Roll	Rosemary Lemon Chicken Navy Beans Carrots Garlic Bread	Brunswick Stew Rice Brussels Sprouts Spiced Pears Cornbread	Sweet & Sassy Meatloaf Mashed Potatoes Green Beans Fantasy Fruit Sliced Wheat	Cheeseburger Baked beans Corn Mandarins Burger bun
Milk	Milk	Milk	Milk	Milk
4/23/2018	4/24/2018	4/25/2018	4/26/2018	4/27/2018
King Ranch Chicken Roasted Potatoes Cream Corn Fruit Roll	Salisbury Steak Rice California Veggies Peaches Roll	Smothered Pork Chop Sweet potatoes Zucchini Banana White roll	Chicken parmesan Butter noodles 5 way veggies Banana Garlic Bread	BBQ Pulled Pork Boiled Potatoes Seasoned greens Orange Hushpuppy
Milk	Milk	Milk	Milk	Milk

Lunch Menu may

Monday	Tuesday	Wednesday	Thursday	Friday
4/30/2018	5/1/2018	5/2/2018	5/3/2018	5/4/2018
Baked Spaghetti Noodles Mixed Veggies Warm Peaches White Roll Milk	Southern Chicken & Gravy Rice Pilaf Lima Beans Banana Roll Milk	Meatloaf Mashed Potatoes Greenbean casserole Pears Sourdough Milk	BBQ Chicken Thighs Baked beans Dill Carrots Orange Wheat roll Milk	Crab Cake w/Lemon sauce Noodle Ratatouille Banana Roll Milk
5/7/2018	5/8/2018	5/9/2018	5/10/2018	5/11/2018
Hamburger Steak w/ Gravy & Onions Rice Pilaf Green Beans Orange Sliced Bread Milk	Turkey Hot Dog Mac-n-cheese Garden Peas Peaches Hot Dog Bun Milk	BBQ Pork Riblet Rice California Veg Ambrosia Roll Milk	Sloppy Joe Roasted Potatoes Seasoned Greens Banana Bun Milk	Chicken Alfredo Pasta in Alfredo Broccoli Spiced Apple & Rasins Sourdough Milk
5/14/2018	5/15/2018	5/16/2018	5/17/2018	5/18/2018
Glazed Ham Sweet Potatoes Green Beans Orange Roll Milk	Country Fried Steak Mashed Potatoes Seasoned Greens Mixed Fruit Cup Sliced Bread Milk	Chicken Pot Pie Biscuit Garlicy Broccoli Spiced pears Biscuit Milk	Chicken Tenders Dirty Rice Peas & Onions Mandarins Roll Milk	Turkey Corn Dogs Cheesy Potatoes Zucchini & Tomatoes Apple Sauce Wheat Roll Milk
5/21/2018	5/22/2018	5/23/2018	5/24/2018	5/25/2018
Meatball Stroganoff Noodles Mixed Vegetables Apple Sauce Roll Milk	Rosemary Lemon Chicken Navy Beans Carrots Garlic Bread Milk	Brunswick Stew Rice Brussels Sprouts Spiced Pears Cornbread Milk	Sweet & Sassy Meatloaf Mashed Potatoes Green Beans Fantasy Fruit Sliced Wheat Milk	Cheeseburger Baked beans Corn Mandarins Burger bun Milk

Lunch Menu june

Monday	Tuesday	Wednesday	Thursday	Friday
5/28/2018	5/29/2018	5/30/2018	5/31/2018	6/1/2018
King Ranch Chicken Roasted Potatoes Cream Corn Fruit Roll Milk	Salisbury Steak Rice California Veggies Peaches Roll Milk	Smothered Pork Chop Sweet potatoes Zucchini Banana White roll Milk	Chicken parmesan Butter noodles 5 way veggies Banana Garlic Bread Milk	BBQ Pulled Pork Boiled Potatoes Seasoned greens Orange Hushpuppy Milk
6/4/2018	6/5/2018	6/6/2018	6/7/2018	6/8/2018
Baked Spaghetti Noodles Mixed Veggies Warm Peaches White Roll Milk	Southern Chicken & Gravy Rice Pilaf Lima Beans Banana Roll Milk	Meatloaf Mashed Potatoes Green bean casserole Pears Sourdough Milk	BBQ Chicken Thighs Baked beans Dill Carrots Orange Wheat roll Milk	Crab Cake w/Lemon sauce Noodle Ratatouille Banana Roll Milk
6/11/2018	6/12/2018	6/13/2018	6/14/2018	6/15/2018
Hamburger Steak w/ Gravy & Onions Rice Pilaf Green Beans Orange Sliced Bread Milk	Turkey Hot Dog Mac-n-cheese Garden Peas Peaches Hot Dog Bun Milk	BBQ Pork Riblet Rice California Veg Ambrosia Roll Milk	Sloppy Joe Roasted Potatoes Seasoned Greens Banana Bun Milk	Chicken Alfredo Pasta in Alfredo Broccoli Spiced Apple & Rasins Sourdough Milk
6/18/2018	6/19/2018	6/20/2018	6/21/2018	6/22/2018
Glazed Ham Sweet Potatoes Green Beans Orange Roll Milk	Country Fried Steak Mashed Potatoes Seasoned Greens Mixed Fruit Cup Sliced Bread Milk	Chicken Pot Pie Biscuit Garlicy Broccoli Spiced pears Biscuit Milk	Chicken Tenders Dirty Rice Peas & Onions Mandarins Roll Milk	Turkey Corn Dogs Cheesy Potatoes Zucchini & Tomatoes Apple Sauce Wheat Roll Milk

This menu meets the NC Division of Aging's guidelines and standards for nutrition program menus. It is appropriate for those participants cleared for a regular diet or a 4g Sodium diet. This menu is also appropriate for participants with diabetes, provided the dessert item is omitted.

- Meat/Meat Alternative: 2 oz
- Bread/Grain: Whole or enriched grain, 2 Servings--(1 wrap, 1 tortilla, 1 bun, 1c. rice/pasta, 2 sl. bread= 2 servings)
- Veg/Fruit: 2 servings--1 cup fruit or salad, ½ cup cooked vegetable
- ***Dairy: 1 serving—provided by ?***
- Sodium: less than 1300mg – No added salt
- Fat: less than 30% of meal
- 700 calories minimum