



April 2010 Lunch Menu



Monday		Tuesday		Wednesday		Thursday		Friday	
Meat Loaf 5	Baked Potato Peas Salad Whole Wheat Bread Apricots/Prunes Milk	Lemon Baked Fish 6	Mac & cheese Mixed Veggies Cole Slaw Whole Wheat Bread Applesauce Milk	Sloppy Joe 7	Baked Beans Carrots Potato Salad Bun Orange Milk	Grilled Cube Steak 8	AuGratin Potatoes Broccoli Salad (carrot, pineapple, raisin) Whole Wheat bread Banana Milk	Roast Turkey 9	Mashed Potatoes Succotash Salad (pear in lime jell-o) Whole Wheat Bread Sliced Peaches Milk
Spaghetti Meatsauce 12	Pasta Green Beans Salad Garlic Bread Orange Milk	Bar-B-Q Chicken 13	Tater Tots Broccoli Cole Slaw Whole Wheat Bread Gelatin with whipped cream Milk	Ham Slice 14	AuGratin Potatoes Peas/Carrots Fruit Whole Wheat Bread Cookies Milk	Swedish Meatballs 15	Noodles Spinach Fruit Salad Whole Wheat Bread Banana Milk	Roast Beef 16	Mashed Potatoes Salad Corn Wheat Roll Fruit Milk
Meat Loaf 19	Baked Potato Peas Salad Whole Wheat bread Apricots/Prunes Milk	Smothered Steak 20	Mashed Potatoes Frozen Mixed Veggies Salad (cabbage, apples, celery) Whole Wheat Bread Sliced Peaches Milk	Enchilada Casserole 21	Spanish Rice Pinto Beans Sunburst Fruit Salad Corn Tortilla Banana Milk	Orange Chicken 22	Parsley Potatoes Corn Spinach Salad Whole Wheat Bread Orange Milk	Roast Pork 23	Sweet Potatoes Green Beans Cole Slaw Whole Wheat Bread Applesauce Milk
Lemon Baked Fish 26	Mac & Cheese Mixed Veggies Cole Slaw Whole Wheat Bread Lemon Pudding Milk	Oven Fried Chicken 27	Baked Potato Buttered Broccoli Carrot/Raisin Salad Whole Wheat Bread Applesauce/Raisins Milk	Stuffed Peppers 28	Steamed Rice Squash Pickled Beet Salad Whole Wheat Bread Orange Milk	Bar-B-Q Riblet 29	Baked Beans Corn Spinach Salad Bun Fruit Milk	Roast Beef 30	Mashed Potatoes Mixed Veggies 3 Bean Salad Whole Wheat Bread Cookies Milk
<p>Lunch is served Monday - Friday 11:30 a.m.</p> <p>Suggested Donation: \$3.00</p>						<p>Nelly Ayala Nutrition Manager Old-timers Foundation 477-2780</p>			

Menu is subject to change

“Funding for this service has been provided by the San Bernardino County Department of Aging and Adult Services through a grant award from the Department of Aging.”

