

APRIL 2024



MAKE YOUR LUNCH RESERVATIONS
AT LEAST ONE BUSINESS DAY
IN ADVANCE!
925-973-3250

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
4/1 Chicken Parmesan over Spaghetti Marinara <u>Spinach</u> C Cauliflower Roll w/Butter Seasonal Fresh Fruit	4/2 White Bean Turkey Chili w/Shredded Cheese over Brown Rice C Broccoli Mixed Green Salad w/Dressing Seasonal Fresh Fruit	4/3 Meatloaf w/Gravy C Mashed Potatoes <u>Peas & Carrots</u> Whole Wheat Roll w/Butter Cinnamon Applesauce	4/4 Baked Tilapia w/Lemon Caper Sauce Lentil Soup <u>Scandinavian Vegetables</u> Rice Pilaf C Fresh Orange Sherbet	4/5 + Pork Carnitas w/Salsa & Sour Cream Hearty Vegetable Soup C Cilantro Coleslaw Tortilla Juice Brownie
4/8 Mock Crab Salad Sandwich w/Lettuce, Tomato, & Onion on Whole Wheat Bread Split Pea Soup 4 Bean Salad w/ <u>Carrots</u> C Juice Cookie	4/9 Bean & Cheese Burrito w/Enchilada Sauce and Shredded Cheese C Fiesta Vegetables Mexicali Corn <u>Apricots</u>	4/10 Teriyaki Chicken Egg Drop Soup Asian Brown Rice C Stir Fry Vegetables Seasonal Fresh Fruit Pudding	4/11 BBQ Pork Riblet Sandwich on a Bun C Coleslaw <u>Spinach Salad</u> w/Dressing Seasonal Fresh Fruit	4/12 Spaghetti with Meat Sauce and Parmesan Cheese C Winter Vegetables Whole Wheat Roll w/Butter Seasonal Fresh Fruit
4/15 Turkey Pasta Salad over Mixed Greens Potato Leek Soup Marinated Beets & Onions Whole Wheat Roll w/Butter C Tropical Fruit	4/16 Tuna Salad Sandwich w/ Lettuce, Tomato, Onion on Whole Wheat Bread Chicken Noodle Soup Garden Pea Salad C Fresh Orange Cookie	4/17 Pork al Pastor w/Salsa Mexicali Corn C Cilantro Coleslaw w/ <u>Carrots</u> Spanish Brown Rice Seasonal Fresh Fruit 	4/18 Beef Stroganoff w/Whole Grain Penne <u>Bean Medley</u> Mixed Green Salad w/Dressing Gelatin C w/Mandarin Oranges	4/19 Szechuan Chicken over Asian Rice Bok Choy Soup <u>Mixed Vegetables</u> C Citrus Fruit
4/22 Meatballs w/Marinara Sauce over Whole Grain Spaghetti C California Vegetables <u>Spinach Salad</u> w/Dressing Seasonal Fresh Fruit	4/23 Pork Fried Rice Asian Vegetable Soup <u>Carrot Raisin Salad</u> C Juice Ice Cream	4/24 Breaded Fish w/Lemon and Tartar Sauce Clam Chowder Green Beans Cheesy Scalloped Potatoes C Fresh Orange	4/25 Chicken Fettuccine w/Alfredo Sauce and Parmesan Cheese <u>Italian Vegetables</u> Tossed Salad w/Dressing C Tropical Fruit	4/26 Turkey Tamale Pie w/Cornbread Topping C Fiesta Vegetables Seasonal Fresh Fruit Pudding
4/29 + Ham & Swiss Cheese Sandwich w/Lettuce, Tomato, Onion, Mayo, and Mustard Minestrone Soup C Creamy Coleslaw Whole Wheat Bread <u>Apricots</u>	4/30 Roasted Chicken w/Gravy C Mashed Potatoes <u>Scandinavian Vegetables</u> Whole Wheat Roll w/Butter Seasonal Fresh Fruit			



All meals served with lowfat milk. 2 DAILY ALTERNATIVE ENTRÉE CHOICES: VEGETARIAN OR FEATURED ENTRÉE SALAD (ASIAN CHICKEN). Vitamin A Vitamin C + Higher in sodium

APRIL VEGETARIAN



MAKE YOUR LUNCH RESERVATIONS
AT LEAST ONE BUSINESS DAY
IN ADVANCE!
925-973-3250

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
4/1 Cheesy Enchilada Bake C California Vegetables Spinach FRUIT/DESSERT	4/2 Vegetarian Lentil Stew over Brown Rice C Fiesta Vegetables Zucchini FRUIT/DESSERT	4/3 Vegetable Frittata w/Salsa Red Potatoes C Winter Vegetables Whole Wheat Roll w/Butter FRUIT/DESSERT	4/4 + Cheesy Penne Bake Scandinavian Vegetables Green Beans C w/Red Peppers Whole Wheat Roll w/Butter FRUIT/DESSERT	4/5 Kofta Meatballs w/Sauce over Brown Rice Carrots C Broccoli FRUIT/DESSERT
4/8 Vegetable Lasagna Italian Vegetables Green Beans C w/Red Peppers Whole Wheat Roll w/Butter FRUIT/DESSERT	4/9 Bean & Cheese Burrito w/Enchilada Sauce C Fiesta Vegetables Mexicali Corn FRUIT/DESSERT	4/10 Vegetarian Southwest Spicy Pasta Peas & Carrots C California Vegetables FRUIT/DESSERT	4/11 Cheese Ravioli w/Marinara Sauce Carrots C Brussels Sprouts FRUIT/DESSERT	4/12 Garbanzo Bean Stew over Brown Rice C Winter Vegetables Spinach FRUIT/DESSERT
4/15 Kofta Meatballs w/Sauce over Brown Rice Carrots C Broccoli FRUIT/DESSERT	4/16 Cheesy Enchilada Bake C California Vegetables Spinach FRUIT/DESSERT	4/17 Vegetarian Lentil Stew over Brown Rice C Fiesta Vegetables Zucchini FRUIT/DESSERT 	4/18 Vegetable Frittata w/Salsa Red Potatoes C Winter Vegetables Whole Wheat Roll w/Butter FRUIT/DESSERT	4/19 + Cheesy Penne Bake Scandinavian Vegetables Green Beans C w/Red Peppers Whole Wheat Roll w/Butter FRUIT/DESSERT
4/22 Garbanzo Bean Stew over Brown Rice C Winter Vegetables Spinach FRUIT/DESSERT	4/23 Vegetable Lasagna Italian Vegetables Green Beans C w/Red Peppers Whole Wheat Roll w/Butter FRUIT/DESSERT	4/24 Bean & Cheese Burrito w/Enchilada Sauce C Fiesta Vegetables Mexicali Corn FRUIT/DESSERT	4/25 Vegetarian Southwest Spicy Pasta Peas & Carrots C California Vegetables FRUIT/DESSERT	4/26 Vegetarian Meatballs w/Marinara Sauce and Whole Grain Spaghetti Carrots C Cauliflower FRUIT/DESSERT
4/29 + Cheesy Penne Bake Scandinavian Vegetables Green Beans C w/Red Peppers Whole Wheat Roll w/Butter FRUIT/DESSERT	4/30 Cheese Ravioli w/Marinara Sauce Carrots C Brussels Sprouts FRUIT/DESSERT			



All meals served with lowfat milk. 2 DAILY ALTERNATIVE ENTRÉE CHOICES: VEGETARIAN OR FEATURED ENTRÉE SALAD (ASIAN CHICKEN). Vitamin A + Higher in sodium
Vitamin C