
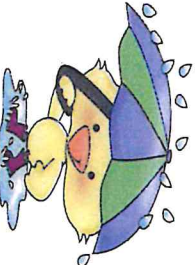




# April

Cumberland County

Meal reservations must be made before noon the business day you want the meal by calling (717) 76-4478 or circle the day's meal you want and return this form to the Senior Center. Indicate Grab-and-Go or Sit-Down.

Monday	Tuesday	Wednesday	Thursday	Friday
<b>1</b> BBQ Pulled Pork Sandwich 1/2c Hawaiiin Colelaw 1/2c Ranch Potatoes Sandwich Roll Cookie	<b>2</b> Baked Beef Ravioli w/ 1oz Shredded Cheese 1c Tossed Salad w/ Tomato 1 Garlic Breadstick Seasonal Fresh Fruit <b>NEW ITEM</b>	<b>3</b> Open Faced Turkey Sandwich w/ Gravy 1/2c Whipped Potatoes w/ Chives 1/2c Sweet Corn 1 White Bread 1 Cookie	<b>4</b> Cheeseburger w/ Lettuce, Tomato 1c Creamy Potato Soup w/ Crackers 1 Hamburger Roll Seasonal Fresh Fruit	<b>5</b> Chicken, Spinach & Cranberry Salad w/ Dressing 1c. Mixed Greens & Spinach 1/2c. Beets 1 Breadstick 1 Piece Cake
<b>8</b> Roast Beef w/ Gravy 1/2c Mashed Potatoes 1/2c Mixed Vegetables 1 White Bread 1/2c Pudding	<b>9</b> Teriyaki Chicken 1/2c Vegetable Rice Pilaf 1/2c Oriental Blend Vegetables 1 Wheat Bread Seasonal Fresh Fruit	<b>10</b> Sliced Ham w/ Pineapple Sauce 1/2c Whipped Sweet Potatoes 1/2c Green Beans 1 Dinner Roll 1 Cookie	<b>11</b> Orange Glazed Pork Loin 1/2c Buttered Pasta 1/2c California Blend 1 Wheat Bread 1/2c Peach Crisp	<b>12</b> Tuna Salad Sandwich w/lettuce & tomato 1c Bean Soup 1/2c Colelaw 2 White Bread Seasonal Fresh Fruit
<b>15</b> Parmesan Chicken Over 1/2c. Lemon Asparagus Pasta 1c. Tossed Salad w/Tomato 1 Breadstick 1/2c. Apple Crisp	<b>16</b> Sweet & Sour Pork 1/2c. Rice 1/2c Broccoli & Cauliflower Blend 1 Wheat Bread Seasonal Fresh Fruit	<b>17</b> Stuffed Pepper w/ Sauce 1/2c Garlic Whipped Potatoes 1/2c Carrots 1 White Bread 1/2c Pudding	<b>18</b> Turkey Chef Salad (2oz Turkey, 1oz Cheddar, over 1c Mixed Greens w/ Tomato) 1c Vegetable Soup 1 Dinner Roll 1/2c Gelatin	<b>19</b> Sloppy Joe Baked Potato 1/2c Green Beans 1 Hamburger Bun Seasonal Fresh Fruit
<b>22</b> Swiss Steak w/ 2oz Onion Gravy 1/2c Whipped Potatoes 1/2c Carrots 1 Wheat Bread 1/2c Blushed Pears	<b>23</b> Creamy Vegetable Lasagna .5oz Shredded Mozzarella 1c Tossed Salad 1 Garlic Breadstick 1/2c Peaches w/ 1/4c Cottage Cheese	<b>24</b> Creamy Garlic Chicken Breast 1/2c Buttered Noodles 1/2c Roasted Brussel Sprouts 1 Wheat Bread 1/2c Mandarin Oranges <b>NEW ITEM</b>	<b>25</b> Baked Lemon Pepper Fish 1/2c Rice Pilaf 1/2c California Blend Vegetables Dinner Roll Seasonal Fresh Fruit	<b>26</b> Day on the Mountain  The Senior Center is Closed.
<b>29</b> Creamy Parmesan Pork Chop 1/2c Diced Redskin Potatoes 1/2c Green Beans 1 Dinner Roll 1/2c Pineapple Tidbits Cookie	<b>30</b> Pasta & Meatballs (4) 1/2c Pasta w/ Marinara 1c Tossed Salad w/ Tomato 1 Garlic Breadstick 1/2c Mixed Fruit Salad		*menu subject to change	