

North Tempe, Escalante, and Granite Reef Senior Centers



LUNCH MENU: APRIL 2019

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
1 Italian Sausage Sandwich** Peppers & Onion Italian Vegetable Blend Whole Grain Bun Sliced Peaches	2 Beef Stew w/Onion, Celery & Carrots Over Rice Chuckwagon Vegetable Blend Winter Vegetable Blend Whole Wheat Roll Fruit Ambrosia	3 Chicken Breast w/ Gravy Mashed Potatoes Rancho Fiesta Vegetable Blend Whole Wheat Roll Fresh Orange	4 Seafood Salad Plate Vegetable Macaroni Salad 3 Bean Salad Whole Wheat Crackers Sliced Pears	5 Open Face Turkey Sandwich Yams Green Beans Whole Wheat Bread Applesauce
8 Spaghetti w/ Meat Sauce Capri Vegetable Blend Spinach Whole Wheat Roll Orange	9 Roast Pork Loin w/ Honey Mustard Sauce** Yams Green Beans Whole Wheat Roll Apricots	10 Butter Glazed Tilapia Cauliflower Normandy Vegetable Blend Whole Wheat Roll Fruit Cocktail	11 Soft Shell Chicken Taco w/ Lettuce, Tomato & Cheese Refried Beans Whole Wheat Tortilla Cherry Crisp	12 Stuffed Peppers Lima Beans Garden Salad Whole Wheat Roll Pineapple
15 Chicken Salad Sandwich Cucumber Salad 3 Bean Salad Whole Wheat Bun Fruit Blend	16 Baked Lemon Catfish Mixed Vegetable Blend Peas & Onions Whole Wheat Roll Fresh Orange	17 Polish Sausage w/ Sauerkraut** Scalloped Potatoes Scandinavian Vegetable Blend Whole Wheat Roll Sliced Apples	18 Pepper Steak Over Egg Noodles Oriental Vegetable Blend 4 Way Vegetable Blend Whole Wheat Roll Fruit Cup	19 Easter Celebration Baked Ham w/ Pineapple Glaze Au Gratin Potatoes Key Biscayne Vegetable Blend Croissant Apple Pie
22 Pork Chop w/ Cherry Sauce** Roasted Red Potatoes Brussel Sprouts Whole Grain Roll Grapes	23 Birthday Celebration Meatloaf Mashed Potatoes Carrots Whole Wheat Roll Birthday Cake	24 Tuna Salad Plate Beet Salad 3 Bean Salad Whole Wheat Crackers Pineapple Ambrosia	25 Hamburger Deluxe Italian Vegetable Blend Baked Beans Whole Wheat Bun Seasonal Fruit	26 Baked Chicken Breast w/ Mushroom Sauce California Vegetable Blend Broccoli Cheese Rice Whole Grain Roll
29 Vegetable Lasagna Zucchini Broccoli Whole Wheat Roll Tropical Fruit Blend	30 BBQ Pork Sandwich** Winter Vegetable Blend/Corn Whole Wheat Roll Black Forest Cake	Menu items are subject to change due to availability of food items. Items with ** contain pork or pork products		

Made possible in part by East Valley Adult Resources, Area Agency on Aging Region One, City of Scottsdale, City of Tempe, and Valley of the Sun United Way