


	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
WEEK 1	 <h1 style="font-size: 4em; margin: 0;">APRIL 2011</h1> 				<i>April 1st</i> 8 oz. Beef Stew w/Vegetable Gravy ½ c. Parslied Rice ½ c. Lima Beans 1 sl. Whole Wheat Bread Margarine Cup Fresh Fruit in Season-Orange 8 oz. 1% Low Fat Milk
	<i>April 4th</i>	<i>April 5th</i>	<i>April 6th</i>	<i>April 7th</i>	<i>April 8th</i>
WEEK 2	4 oz. Sloppy Joe served with Hamburger Bun ½ c. Broccoli Cuts ½ c. Potatoes O'Brien 1 Hamburger Bun Margarine Cup 1 Old Fashioned Sugar Cookie 8 oz. 1% Low Fat Milk	3 oz. Mandarin Chicken Thigh ½ c. Chinese Vegetables ½ c. Green Beans Almondine 1 Whole Grain Roll Margarine Cup Cake/Pudding 8 oz. 1% Low Fat Milk BIRTHDAY CELEBRATION !!!!	8 oz. Three Bean Beef Chili ½ c. Brown Rice ½ c. Carrot Coins 2 pkgs. Wheat Crackers Margarine Cup x2 ½ c. Mixed Fruit Cup 8 oz. 1% Low Fat Milk	3 oz. Sliced Baked Ham w/Pineapple Sauce ½ c. Potatoes Au Graten ½ c. Peas w/Pearl Onions 1 Biscuit Margarine Cup ½ c. Pear Cup 8 oz. 1% Low Fat Milk	3 oz. Italian Style Meatballs w/Tomato Gravy ½ c. Garlic Spinach ½ c. Italian Vegetable Medley 1 sl. Whole Grain Wheat Br. Margarine Cup x2 ½ c. Apple Crisp Cup 8 oz. 1% Low Fat Milk
WEEK 3	<i>April 11th</i>	<i>April 12th</i>	<i>April 13th</i>	<i>April 14th</i>	<i>April 15th</i>
	3 oz. Breaded Fish Filet ½ c. Cheese Grits ½ c. Tomatoes & Okra 1 sl. Whole Grain Bread Margarine Cup Tartar Sauce ½ c. Mixed Fruit Cup 8 oz. 1% Low Fat Milk	3 oz. Sliced Meatloaf with Onion Gravy ½ c. Mashed Potatoes ½ c. Green Beans 1 sl. Whole Wheat Bread ½ c. Applesauce Cup 8 oz. 1% Low Fat Milk	3 oz. Grilled Chicken Breast Patty w/Tomato Pepper Sauce ½ c. Yellow Rice ½ c. Broccoli Cuts 1 sl. Whole Grain Bread Margarine Cup Oatmeal Raisin Cookie 8 oz. 1% Low Fat Milk	8 oz. Beef and Macaroni Casserole ½ c. Carrot Coins ½ c. Garden Peas 1 Silver Dollar Roll Margarine Cup x2 Fresh Fruit in Season - Orange 8 oz. 1% Low Fat Milk	3 oz. Pork Riblet w/BBQ Sauce ½ c. Lyonnaise Potatoes ½ c. Mixed Vegetables 1 Seeded Hamburger Bun Margarine Cup ½ c. Pear Cup 8 oz. 1% Low Fat Milk
WEEK 4	<i>April 18th</i>	<i>April 19th</i>	<i>April 20th</i>	<i>April 21st</i>	<i>April 22nd</i>
	3 oz. New York Strip Patty w/Brown Gravy ½ c. Garlic Mashed Potatoes ½ c. Garden Peas w/Mushrooms 1 sl. White Bread Margarine Cup ½ c. Peach Cup 8 oz. 1% Low Fat Milk	3 oz. Chicken Florentine ½ c. Lima Beans ½ c. Brown Rice 1 sl. Whole Wheat Bread Margarine Cup 1 Peanut Butter Cookie 8 oz. 1% Low Fat Milk	3 oz. Hamburger Patty ½ c. Baked Beans ½ c. Yellow Corn with Diced Tomato 1 Hamburger Bun Ketchup/ Mustard Margarine Cup ½ c. Applesauce Cup 8 oz. 1% Low Fat Milk	3 oz. BBQ Chicken Breast ½ c. Mashed Potatoes ½ c. Broccoli Cuts 1 sl. Whole Grain Bread Margarine Cup x2 ½ c. Mixed Fruit Cup 8 oz. 1% Low Fat Milk	CLOSED FOR GOOD FRIDAY
WEEK 1	<i>April 25th</i>	<i>April 26th</i>	<i>April 27th</i>	<i>April 28th</i>	<i>April 29th</i>
	4 oz. Grape Juice 3 oz. Sliced Roast Ham, Au Jus ½ c. Whipped Sweet Potatoes ½ c. California Blend Vegetables 1 Whole Grn Dinner Roll/Marg x2 Easter Cake 8 oz. 1% Low Fat Milk Easter Celebration !!!!!!!	3 oz. Sliced Turkey Breast w/ Turkey Gravy ½ c. Mashed Potatoes ½ c. Broccoli Cuts 1 sl. Whole Grain Wheat Bread Margarine Cup 1 Chocolate Chip Cookie 8 oz. 1% Low Fat Milk	3 oz. Hot Dog ½ c. Baked Beans w/Tomato ½ c. Mixed Vegetables 1 Hot Dog Bun 1 pkg. Mustard ½ c. Pineapple Cup 8 oz. 1% Low Fat Milk	3 oz. Grilled Chicken Coq au Vin (THIGH) ½ c. Herb Mashed Potatoes ½ c. Carrot Coins 1 Whole Grain Roll Margarine Cup ½ c. Peach Cup 8 oz. 1% Low Fat Milk	8 oz. Beef Stew w/Vegetable Gravy ½ c. Parslied Rice ½ c. Lima Beans 1 sl. Whole Wheat Bread Margarine Cup Fresh Fruit in Season-Orange 8 oz. 1% Low Fat Milk

NEIGHBORLY CARE NETWORK MOW OFFICE HOURS MONDAY – FRIDAY 8:00AM TO 5:00PM MOW PHONE 727-573-7773