C.W. 638-4536

April 2021

PEACE, INC. - FSD	SENIOR NUTRITION	OFFICE FOR AGING & YOUTH
MONDAY	WEDNESDAY	FRIDAY
		2
		Good Friday
		Closed
5	7	9
Beef Stroganoff	Chicken Ala King	Italian Chicken /Herb Sauce
Egg Noodles	Mixed Vegetables	Stuffing
Green Beans	Biscuit	Sliced Carrots
Wheat Bread	Milk	Wheat Bread
Margarine	Diced Peaches	Margarine
Milk	okie M	Milk
Applesauce	Tropical F	Fruit Cocktail
12	14	16
Southwestern Style	Sliced Corned Beef	Beef Pot Roast with Gravy
Grilled Chicken	Swiss / Rye	Mashed Potatoes
Chuckwagon Corn	Coleslaw	Green Beans
Baked Beans	Thousand Island Dressing	Wheat Bread
Fresh Watermelon	Margarine	Milk
Wheat Bread	Milk	Diced Pears
Margarine	Strawberry Jell-O	eaches
Milk		
19	21	23
Sweet and Sour Chicken	Macaroni and Cheese	Meatloaf with Glaze
Rice	Peas and Carrots	Seasoned Potatoes
Oriental Vegetables	Wheat Bread	4 Way Mixed Vegetables
Wheat Bread	Margarine	Wheat Bread
Margarine	Milk	Margarine
Milk	Mandarin Oranges	Milk
Fresh Orange		Fresh Honeydew Melon
26	28	30
Chopped Steak with Gravy	Tuna Salad	Roast Pork / Gravy
Mashed Potatoes	on Wheat Kaiser Roll	Mashed Potatoes
Sliced Carrots	Vegetable Pasta Salad	Pea's / Pearl Onions
Wheat Bread	Whole Wheat Bun	Wheat Bread
Margarine	Milk	Margarine
Milk	Cookie	Milk
Diced Pears	e Tidbits Fresh	Fresh Cantaloupe
All Meals Include: Coffee, Tea, Milk	Menus meet 1/3 of RDA	Suggested Contribution:
Bread, and Margarine	Menu is Subject to Change	$3.50