

Monday	Tuesday	Wednesday	Thursday	Friday
		1 Grilled Cheese Sandwich Hearty Tomato Bisque Side Salad Fruit w/ Cottage Cheese	2 Site Choice	3 Reuben Sandwich Potato Salad Coleslaw Fruit
6 Mediterranean Fish over Rice Tri-Color Cauliflower Fruit Salad Naan Bread	7 Beef Broccoli Stir Fry Over Brown Rice Stir Fry Veg Tropical Fruit	8 Site Choice	9 Meatloaf w/ Gravy Mashed Potatoes Carrots & Peas Fruit	10 Chicken Cordon Bleu Casserole Fresh Garden Salad Fresh Fruit
13 Penne Pasta, Butternut Squash & Chicken Bake Steamed Greens Pears	14 Site Choice	15 Vegetarian Chili Cheese Cornbread Mixed Side Salad Fruit	16 Arab-American Heritage Month Al Kabsa (Trad. Saudi Rice and Chicken) Lebanese Fattoush Salad Fresh Oranges	17 Potato Leek Soup Green Salad w/ Raspberry Vinaigrette Whole Wheat Turkey and Sharp Cheddar Cheese Sandwich Fresh Fruit
20 Mexican Breakfast Casserole w/ Cilantro Sour Cream and Avocado Side Salad Fruit	21 Earth Day Hearty Lentil Stew with Roasted Root Vegetables Mixed Side Salad Whole Wheat Dinner Roll Fresh Fruit	22 Site Choice	23 Chicken & Cheesy Rice Bake w/ Broccoli Glazed Carrots Fresh Fruit	24 Ground Beef Taco Salad w/ Cheese, Sour Cream, Salsa, Avocado Black Bean and Corn Salad Tropical Fruit
27 Site Choice	28 Ground Beef Enchilada Pinto Beans Red Rice Salsa, Avocado, and Sour Cream Peaches	29 Chicken with Honey Dijon Sauce over Yellow Rice Broccoli and Cauliflower Fruit	30 Ham & Cheese Frittata Roasted Potatoes Kale Salad Fresh Fruit	

Menu subject to change. Our meals are low in sodium and prepared with diabetic diets in mind.