



**Oneida County Office for the Aging
Nutrition Program for the Elderly**



APRIL 2024

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
1 Chicken Parmesan Spaghetti Italian Green Beans Wheat Bread Diced Peaches	2 Sliced Turkey w/Gravy Mashed Potatoes Harvard Beets Wheat Bread Oatmeal Raisin Cookie*	3 Rigatoni and Meatballs w/Sauce Italian Blend Vegetables Wheat Bread Vanilla Pudding*	4 Beef Chili Mixed Vegetables Corn Bread Sliced Pears	5 Seafood Newburgh Brown Rice Sunshine Carrots Wheat Bread Strawberry Applesauce
8 Salisbury Steak with Gravy Wild Rice Steamed Brussel Sprouts Wheat Bread Strawberries & Peaches	9 Mexican Chicken Spanish Rice w/Black Beans Broccoli/Cauliflower Wheat Bread Apple Crisp	10 Shepherd's Pie Mixed Vegetables Wheat Bread Vanilla Pudding *	11 Kielbasa Roasted Potatoes Cabbage & Carrots Wheat Bread Tropical Fruit	12 Macaroni & Cheese Stewed Tomatoes Wheat Bread Mandarin Oranges
15 Swedish Meatballs Seasoned Noodles Beets Wheat Bread Sliced Pears	16 Sliced Pork w/Gravy Mashed Potatoes Peas & Onions W. W. Dinner Roll Tropical Fruit	17 BBQ Chicken Candied Sweet Potatoes Carrots Wheat Bread Strawberry Shortcake	18 Tomato Florentine Soup Peanut Butter & Jelly Sandwich Three Bean Salad Wheat Bread Pineapple Cobbler	19 Oven Brown Fish Scalloped Potatoes Collard Greens Wheat Bread Chocolate Pudding*
22 Italian Chicken & Pasta Soup Broccoli Wheat Bread Warm Apples w/Cranberries	23 Ground Beef & Potato Casserole Capri Blend Vegetables Wheat Bread Apples & Cranberries	24 Turkey Broccoli Divan Over Baked Polenta w/Parmesan Cheese Spinach Wheat Bread Chocolate Mint Cookie*	25 Lasagna Roll Up w/Meat Sauce Italian Green Beans Wheat Bread Warm Cinnamon Pears	26 Chicken Supreme Oven Brown Parsley Potatoes Peas & Carrots Wheat Bread Tropical Fruit
29 Rib B Que Cowboy Baked Beans Cauliflower Wheat Bread Yogurt w/Fruit	30 Potato/Cheese Pierogi w/Sauteed Onions Seasoned Greens Wheat Bread Rice Pudding*			

