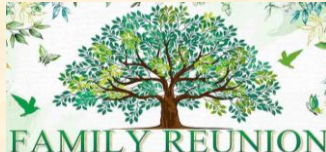



April Burnside Center Congregate Lunch Menu

Monday	Tuesday	Wednesday	Thursday	Friday
	1 CHICKEN PARMESAN 43gm BRUSSELS SPROUTS 7gm WARM CINNAMON APPLES 2gm WHOLE GRAIN ROLL 35gm	2 NO MEAL SERVICE	3 PORK ROAST 2gm MASHED POTATOES & GRAVY 17gm CORN, PEAS, & CARROTS 6gm RICE PUDDING 18gm WHOLE GRAIN ROLL 35gm	4 NO MEAL SERVICE
7 SPAGHETTI & MEAT SAUCE 44gm GREEN BEANS & CARROTS 7gm PEACH CRISP 22gm WHOLE GRAIN ROLL 35gm	8 PULLED PORK 5gm POTATOES O'BRIEN 12gm CARROT CAKE 23gm HAMBURGER BUN 21 gm	9 NO MEAL SERVICE	10 BEEF CHILI 22gm WAX BEANS & PEPPERS 5gm BANANA BREAD PUDDING 17gm CORNBREAD MUFFIN 30gm	11 NO MEAL SERVICE
14 CHICKEN AND RICE CASSEROLE 42gm SAUTEED CARROTS 4gm WARM CINNAMON APPLES 2gm WHOLE GRAIN ROLL 35gm	15 MEATLOAF AND GRAVY 18gm MASHED POTATOES 17gm STEWED TOMATOES 4gm CORN PUDDING 22gm WHOLE GRAIN ROLL 35gm	16 NO MEAL SERVICE	17 BEEF ENCHILADA BAKE 13gm CILANTRO RICE 27gm APPLE COBBLER 26gm WHOLE GRAIN ROLL 35gm	18 GOOD FRIDAY BURNSIDE CENTER CLOSED
21 PINEAPPLE GLAZED HAM GREEN BEAN CASSEROLE CARROT CAKE WHOLE GRAIN ROLL 35gm	22 COUNTRY FRIED CHICKEN 28gm MASHED POTATOES & GRAVY 28gm SWEET CORN 15gm PEACH COBBLER 26gm WHOLE GRAIN ROLL 35gm	23 NO MEAL SERVICE	24 SWEET AND SOUR PORK 17gm BROWN RICE 17gm SIMMERED GREEN CABBAGE 5gm PINEAPPLE UPSIDE-DOWN CAKE 28gm CHOW MEIN NOODLES 9gm	25 NO MEAL SERVICE
28 HERB ROASTED CHICKEN 0gm BRUSSELS SPROUTS 7gm CHERRY CRISP 19gm WHOLE GRAIN ROLL 35gm	29 QUICHE LORRAINE WITH BACON 4gm POTATOES O'BRIEN 12gm PEACH CRISP 22gm FRUIT MUFFIN 16gm	30 Family Reunion--Congregate Lunch-- Invite a Senior to Lunch & Join our Family 11:30am to 12:30 pm  Menu: Homemade Beef and Noodles Mashed Potatoes Green Beans Grandmas Coleslaw Assorted Desserts  Live Acoustic Music Entertainment Sponsored by B.J West Financial Advisor, Edward Jones		



Monday, Tuesday, and Thursday from 11:30am-12:30pm. \$3.00 suggested donation for seniors 60+ and \$7.00 fee for those under the age of 60.

