

# Adult Day Health Care of Mad River

## April 2015

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
		1-Apr Baked Cod Cous Cous Hawaiian Roll Melon Medley Lemon & Tartar Sauce	2-Apr Garden Quiche Roasted Red Potatoes Green Beans W/bacon, onions, red peppers Olive Bread Strawberry Shortcake	3-Apr Ham Scalloped Potatoes Glazed Carrots Olive Bread Peach Pie ala mode
6-Apr Polenta Ragout Garlic Bread Strawberries & Bananas	6-Apr Teriyaki Chicken Chow Mien Noodles Mandarins Sesame Breadstick	8-Apr Meatloaf Mashed Potatoes & Gravy Zucchini Garlic Bread Chocolate Pudding & Bananas	9-Apr McRibb Sandwich Tater Tots Diced Peaches	10-Apr Cheese Burger Tomatoes Lettuce Potato Salad Bananas
13-Apr Baked Chicken Mashed Potatoes & Gravy Hawaiian Roll Diced Pears	14-Apr BBQ Beef Sandwich French Fries Fruit Cocktails	15-Apr Chili Cornbread Cheese Onions Strawberries & Bananas	16-Apr Tilapia Scalloped Potatoes Peas Olive Bread Diced Peaches Lemon & tatar sauce	17-Apr Ham & Cheese Sandwich Clam Chowder Lettuce Tomato Banana
20-Apr Boneless Pork Chop Scalloped Potato Baked Apples Garlic Breadstick	21-Apr Tuna Sandwich Tomato Basil Soup Applesauce	22-Apr Shepherd's Pie Strawberries & Blueberries Whole Wheat Roll	23-Apr Kalua Pork Rice Vermicelli Pineapple Tidbits Breadstick	24-Apr Baked Potato w/Fixins Olive Bread Zucchini Strawberry Fluff
27-Apr Broccoli Beef Chow Mein Noodles Mandarin Oranges Garlic Breadstick	28-Apr Chicken & Dumplings Apricots	29-Apr Turkey Sandwich Split pea Soup Watermelon	30-Apr Chicken Parmesan Bowtie Noodles Whole Wheat Roll Diced Pears	

\*All meal served with local farm grown seasonal vegetable

\*\*All meals served with Humboldt Creamery low fat 2% milk

\*\*\*Extra Starch available as desired

\*\*\*\*Small Servings (1/2 portions) are available upon request excluding protein source