

April 2024

Monday	Tuesday	Wednesday	Thursday	Friday
1	2	3	4	5
Baked Fish Filet	Chicken Parmesan	Pork Chops	Meatballs in Gravy	Egg Salad Sandwich
Mixed Vegetables	Squash	Garden Rice	Mashed Potatoes	Pasta Salad
Potato Rings	Mandarin Oranges	Spinach	Brussels Sprouts	Fresh Vegetable Medley
Pineapple	Cookie	Applesauce	Pears	Raisins
			Muffin	Binky's Choice Dessert
8	9	10	11	12
Country Fried Steak	Broccoli & Cheese Soup	Swiss Mushroom Steak	Chicken Salad Sandwich	Saucy Beef Hash
Mashed Potatoes	1/2 Tuna Sandwich	Mashed Potatoes & Gravy	Chips	Peas
Country Trio Vegetables	Crackers	Peas	Broccoli	Peaches
Apricots	Peaches	Strawberries	Fruit Pie	Cookie
	Cookie	Pudding		
15	16	17	18	19
Baked Fish Sandwich	Rigatoni and Meat Sauce	Beef Roast	Baked Ham	Egg/Sausage/Cheese Burrito
Baked Beans	Lettuce Salad	Baby Red Potatoes	Scalloped Potatoes	Hashbrowns
Diced Beets	Breadstick	California Blend Vegetables	Green Bean Casserole	Carrot Crinkles
Fruit Cocktail	Cinnamon Applesauce	Orange	Strawberries	Banana
			Pumpkin Bar	Granola Bar
22	23	24	25	26
Green Pepper Casserole	Chicken Tetrazzini	BBQ Beef	Salmon	BBQ Pork Loin
Peas & Carrots	Paslied Cauliflower	Seasoned Potatoes	Cheesy Broccoli	Sweet Potato Casserole
Apricots	Grapes	Normandy Vegetables	Potato Salad	Cascade Blend Vegetables
Binky's Choice Dessert	Mixed Fruit Salad	Cherry Crisp	Tropical Fruit	Mandarin Oranges
			Cookie	
29	30			
Baked Chicken	Turkey Sandwich			
Cheddar Sour Cream Mashed Potatoes	Broccoli Raisin Salad			
Capri Vegetables	Apple			
Mixed Fruit	Pudding			

AdultLife Community Center for Adults 60+ (515) 462-1334

**Milk offered with all meals. All meals meet 1/3 of the Recommended Dietary Allowances (RDA) for older adults.
Menus may change without notice due to supply availability from our food vendors.

Stephanie Labenz
Stephanie Labenz RD,LD