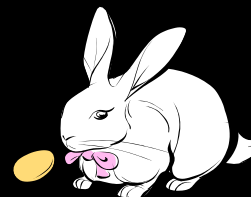


The Center at The Open Link Lunch Menu

Monday, April 3	Tuesday, April 4	Wednesday, April 5	Thursday, April 6	Friday, April 7
BAKED ZITI*** Wax and Green Beans Mandarin Oranges* Milk*	MACARONI & CHEESE w TURKEY HAM & TOMATOES*** Steamed Cauliflower Kale, Spinach & Carrots Fruit Cocktail* Milk*	SLICED ROAST BEEF w HONEY BOURBON SAUCE* Sweet Potato Cubes* Green Beans Almondine Whole Wheat Bread* Mandarin Oranges* Milk*	HERB ROASTED SLICED TURKEY w onion au jus Mashed Cauliflower & Potato*, Sugar Snap Peas Marble Rye* Chocolate Pudding** Diet: 1/2 cup fruit*, Milk*	VEGGIE DELUXE OMELET (swiss, mush, spinach, peppers, tomato, onion) Brandied Peaches* Whole Wheat Roll** Cinnamon Applesauce* Milk*
Monday, April 10	Tuesday, April 11	Wednesday, April 12	Thursday, April 13	Friday, April 14
GRILLED CHICKEN CAPRESE Penne*, Normandy Blend Whole Wheat Roll** Fresh Orange* ADC:1/2 c fruit*, Milk*	BBQ PULLED CHICKEN Honey Glazed Carrots* Spinach w mushrooms White Bread* Fresh Nectarine* ADC:1/2 c fruit*, Milk*	ORANGE & HONEY GLAZED TURKEY Green Beans Whipped Sweet Potatoes w Pecans*, Marble Rye* Pineapples* Milk*	TRADITIONAL MEATLOAF Seasoned Potato Cubes* Peas & Carrots* Whole Wheat Bread* Light Vanilla Cake* Milk*	LEMON BUTTER FISH Brussel Sprouts Mushroom Pilaf* Pumpnickel Bread* Peaches* Milk*
Monday, April 17	EASTER MENU	Wednesday, April 19	Thursday, April 20	Friday, April 21
CREAMY TUSCAN GARLIC CHICKEN Capri Blend Vegetables Rotini* Pumpnickel Bread* Mandarin Oranges* Milk*	GLAZED TURKEY HAM w/ FRUIT SAUCE Corn Pudding* California Blend Vegetables Egg Wash Roll** Fruit* Milk*	BEEF CHOW FUN Oriental Blend & Egg Noodles* Steamed Broccoli Whole Wheat Bread* Oatmeal Cookie* Diet: 1/2 cup fruit* Milk*	STUFFED CABBAGE BOWL Cabbage & Rice* Mixed Vegetables* Rye Bread*, Fresh Peach* ADC 1/2 c Fruit* Milk*	CRAB CAKE* Mac & Cheese* Zucchini w Stewed Tomatoes* Spinach w Carrots Unsweetened Applesauce* Milk*
Monday, April 24	Tuesday, April 25	Wednesday, April 26	Thursday, April 27	Friday, April 28
BAKED FISH w WHITE WINE CAPER SAUCE Beets* Grilled Vegetable Quinoa* Wheat Roll** Fruit Jello* Milk*	CHICKEN, CAULIFLOWER & CHEDDAR CHEESE BAKE Sugar Snap Peas Sweet Corn* Rye Bread* Light Blueberry Cake* Milk*	MANICOTTI w MEATBALLS*** Broccoli & Carrots Pears* Milk*	GRILLED HAWAIIAN BBQ CHICKEN Vegetable Rice Medley* Whole Wheat Bread* Fresh Orange* ADC 1/2c Fruit* Milk*	CHEESEBURGER Scalloped Tomatoes* Green Beans Wheat Hamburger Roll** Unsweetened Strawberry Applesauce* Milk*

* 1 Carb choice
** 2 Carb choices

Menu subject to change



April 2017

