

**VALENCIA COUNTY OLDER AMERICAN PROGRAM
MONTHLY MENU – April 2013**

MONDAY	TUESDAY	WEDNESDAY	Thursday	FRIDAY
1	2	3	4	5
Salad Asian Beef&Peppers Oriental Vegetables Rice Milk Crackers-Fruit	Carrot Salad Salisbury Steak Broccoli Scalloped Potatoes Milk-Roll Fruit	Green Chile Chicken Enchiladas Spinach Pinto Beans Milk Fruit	Cucumber Salad Chicken Salad Sandwich Lettuce&Tomato Chips Bread/Milk Fruit	Zucchini Salad Beef Lasagna Italian Vegetable Garlic Bread Milk Fruit
8	9	10	11	12
Three Bean Salad Beef Tips/ Mushroom Sauce Carrots Rice-Milk Crackers-Fruit	Lettuce&Tomato Onion&Green Chile Cheeseburger Tator tots Bun Milk Fruit	Salad Chicken and Sausage Gumbo Carrots Rice Bread/ Milk Fruit	Carrot Salad Ground Beef Steak Onions Green Beans Mashed Potatoes Milk-Fruit	Tomato&Onion Salad Pork Carnitas/Red Chile Calabacitas Refried Beans Tortilla- Milk Fruit
15	16	17	18	19
Cole Slaw Sloppy Joes Onions&Jalapenos Potato Salad Bun- Milk Fruit	Salad Baked Ham W/ Pineapple Glaze Green Beans Sweet Potato-Roll Milk-Fruit	Salad Chicken Strips Peas& Carrots Potatoes Bread Milk- Fruit	Tomato&Onion Salad Hot Roast Beef Sandwich Broccoli Mashed Potatoes Bread-Milk Fruit	Salad Vegetarian Lasagna Italian Vegetable Garlic Bread Milk Fruit
22	23	24	25	26
3 Bean Salad Beef Stew Crackers Milk Fruit	Zucchini Salad Lettuce/Tomato/Salsa Beef Tacos Pinto Beans Milk Fruit	Potluck & Monthly Birthday Party with Fiddlers & Musicians of New Mexico	3 Bean Salad Chicken/Mushroom Sauce Carrots Rice/Crackers Milk Fruit	Carrot Salad Roast Pork Broccoli Scalloped Potatoes Roll Milk Fruit
29	30			
Bean salad Beef and Macaroni Italian Vegetables Garlic Bread Milk Fruit	Salad Polish Sausage Sauerkraut/Onions Ranch Beans Bun Milk Fruit			