





Senior Nutrition Program Noon Meal Menu –April 2026

Serving all 17 counties. Subject to change. *Participants are responsible to comply with their own dietary restrictions.*

For individuals age 60+ and their spouse of any age, there is a suggested contribution of \$5. Individuals younger than 60 must pay the full meal charge as posted at the Nutrition Center unless otherwise eligible.

Monday	Tuesday	Wednesday	Thursday	Friday
<p>Menus Are Subject to Change Nutritional's: Menus provide 1/3 of the current Dietary Reference Intakes for individuals ages 60+.</p> <p>*Dine-In Choices not available in all areas. **For Cooks Reference.</p>		<p>1) 3 oz Chicken Salad Sandwich on Wheat 1/2 C Tomato Spoon Salad 3/4 C Sliced Cucumbers 3/4 C Seasonal Fruit</p>	<p>2) 1 C Beef & Noodles 1/2 C Mashed Potatoes 1 C Chopped Green Salad Mandarin Orange Cake</p>	<p>3) Good Friday</p> <p>All Nutrition Centers in this menu area will be closed. Contact your local nutrition center for options</p>
<p>6) 1/2 C Turkey Salad on 2 sl Wheat Bread 1/2 C Three Bean Salad 1 oz Chips 3/4 C Fruited Gelatin</p>	<p>7) 1 C Chicken & Noodles 1/2 C Four Way Mixed Vegetables Wheat Bread 1/2 C Mandarin Oranges</p>	<p>8) 4 oz Baked Ham 1/2 C Scalloped Potatoes 1/2 C Broccoli Cauliflower Blend Wheat Roll 1/2 C Pineapple tidbits</p>	<p>9) 4 1 oz Swedish Meatballs in sauce 1/2 C Wheat Noodles 1/2 C Italian Vegetables 1/2 C Tropical Fruit Oatmeal Raisin Cookie</p>	<p>10) 1 sq Lasagna 1 C Side Salad 2 T Dressing Garlic French Bread 1/2 C Seasonal Fruit</p>
<p>13) 3/4 C Turkey Tetrizzini 1/2 C Peas & Carrots 1/2 C Kidney Bean Salad Wheat Roll 1/2 C Cinnamon Peaches</p>	<p>14) 3/4 C Spaghetti w/ Meat Sauce 1/2 C Italian Vegetables Blend Garlic What Roll 1 C Lime Gelatin w/ Pears</p>	<p>15) 3/4 C Ham & Potato Au Gratin 1/2 C Green Beans w/ Onion Cornbread Muffin Cake w/ Fruit</p>	<p>18) Cook's Choice With Dessert</p>  <p>Nutritionals not available</p>	<p>17) 3 oz Tuna Salad on 2sl Wheat Bread or Roll 1/3 C Cottage Cheese w/* 3/4 C Fruit 1/2 Marinated Cucumbers & Tomatoes Cookie</p>
<p>20) 3 oz Baked Chicken 1/2 C Mashed Potatoes 2 oz Gravy 1/2 C Broccoli Wheat Roll 1/2 C Ambrosia</p>	<p>21) 3 oz Roast Pork 1/2 C Rice 1/2 C Green Beans Wheat Roll 1/2 C Mandarin Oranges</p>	<p>22) 3 oz Swiss Steak 1/2 C Broccoli Slaw Baked Potato Wheat Roll Strawberry Shortcake</p>	<p>23) 4 oz Ham balls 1/2 C Sweet Potato Casserole 1/2 C Green Peas Garlic Wheat Roll 1/2 C Cinnamon Applesauce</p>	<p>24) Potato Encrusted Fish 1/2 C Macaroni & Cheese 1/2 C Carrots & Onions Wheat Roll 3/4 C Fruit</p>
<p>27) Cook's Choice With Dessert</p>  <p>Nutritionals not available</p>	<p>28) 3 oz Roast Beef 2 oz Gravy Baked Potato w/ Sour Cream* 1/2 C Green Beans Wheat Roll 1/2 C Sliced Peaches</p>	<p>29) 3/4 C Pizza Pasta Casserole 1/2 C Coleslaw Wheat Garlic Bread Stick 1/2 C Ambrosia</p>	<p>30) 3 oz Baked Chicken 1/2 C Creamy Noodles 1/2 C Seasoned Spinach Wheat Roll 1/2 C Fruit</p>	<p>Carbohydrate Education information available upon request. All meals served with; 8 oz. milk, 1 whole wheat sl. bread unless other bread item noted, & 1 slice of margarine.</p>

Please Call for required reservations 1-2 days in advance.