

SERVING SIZES

Grains – 2 ounces
 Vegetables – ½ cup
 Fruits – ½ cup
 Protein – 3 ounces
 Dairy – 1 cup

April 2022 Jamestown Senior Center

Call our West Street Cafe at 423-2658 to sign up

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

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| | | | | <p>1 Kale and Bean soup Baked fish Rice pilaf (brown rice) Steamed broccoli Pudding Ham & Swiss on wheat roll</p> |
| <p>4 Minestrone soup Marinated grilled chicken Rice pilaf (brown) Green beans Roll / Cookie Egg salad on rye</p> | <p>5 Onion soup w/ croutons Meatball sandwich Roasted zucchini & carrot Apple slices Multi grain roll Chicken salad on wheat roll</p> | <p>6 Mushroom barley soup Shepherd's pie Mashed garlic potatoes Sliced pears w. wheat roll Turkey on rye bread</p> | <p>7 Tomato soup Meatloaf w/ gravy Mash sweet potatoes Baby carrots Cake /ww roll Ham & cheese on ww bread</p> | <p>8 Clam chowder (red) Fish & spinach baked gratin Rice pilaf (brown) Multi grain roll /Fruit salad Seafood salad on wheat bread</p> |
| <p>11 Chicken noodle soup Sloppy joe Cole slaw Whole wheat roll Cookie Turkey & Swiss/whole wheat</p> | <p>12 Navy bean soup Chicken Vesuvio /w Potato, mushrooms & peas W. Wheat roll Pudding Seafood salad on rye</p> | <p>13 Southern Brunswick stew Cole slaw Corn bread Sliced apples Salami & cheese on wheat roll</p> | <p>14 Italian wedding soup Honey glazed baked ham Sweet mashed potato Peas & carrots Roll Rice pie Turkey on Multi grain bread</p> | <p>15 Mushroom barley soup Potato crusted fish Cole slaw Whole wheat roll Sliced apples Egg salad on whole wheat</p> |
| <p>18 Vegetable soup Pub burger w/cheese Mixed vegetables Chips / ww roll /sliced fruit Ham & cheese on whole wheat</p> | <p>19 Lentil soup Breaded chicken thigh w/gravy Fingerling potatoes Green beans Multi grain roll - pudding Egg salad on multi grain roll</p> | <p>20 Tomato soup Pepper steak Mashed potato Peas & carrots Sliced pears Chicken sandwich on ww roll</p> | <p>21 Minestrone Soup Open turkey sandwich w/gravy Stuffing Cole slaw – sliced bread Oatmeal cookie Corned beef on Rye bread</p> | <p>22 Chicken soup Swedish meatballs Mashed potatoes Sliced carrots multi grain bread/ sliced fruit Tuna salad on W Wheat roll</p> |
| <p>25 Kale & bean soup Rosemary chicken leg quarter Italian green beans Mashed potato Marble bread/sliced fruit Chicken sandwich on ww roll</p> | <p>26 Onion soup w/croutons Balsamic pork loin Roasted green beans & carrots Roasted smashed potatoes Ww roll Cake Turkey ww wrap</p> | <p>27 Escarole & bean soup Lasagna roll up (meat sauce) Roasted zucchini Italian bread Sliced fruit Salami ham & cheese on rye</p> <p>WW Roll Lorna doone cookie Ham Salad on Wheat Roll</p> | <p>28 Tomato & Cucumber salad Steak & potatoes w/garlic butter Baby carrots w/green beans WW Roll Lorna doone cookie Ham Salad on Wheat Roll</p> | <p>29 Black bean & couscous salad French onion baked chicken Roasted potatoes Mixed vegetables / garlic bread Pudding Seafood salad on multi grain</p> |

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| | | Couscous w/black bean salad Fruit salad Biscuit – whole wheat Cookie Seafood salad on w.w.roll | |
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