



All meals include milk.

THE OLDER AMERICANS ACT NUTRITION PROGRAM – Please give whatever you can; help us help others.

| MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY |
|---|--|--|---|---|
|  | 1 Fish Fillet w/ Bun California Blend Vegetables Spinach Salad w/ Beets Applesauce | 2 BBQ Chicken Scalloped Potatoes Carrots Whole Wheat Roll Fruit Cookie | 3 Hobo Beans Stewed Tomatoes Broccoli Biscuit Orange Juice Dessert | 4 Shredded Chicken Taco Salad Refried Beans, Cornbread, Mexican Corn, Brown Rice Tortilla Chips Peaches |
| | 7 Spaghetti w/ Meat Sauce Garlic Bread Cooked Spinach Pears Cottage Cheese | 8 BBQ Beef Riblets Au Gratin Potatoes Brussel Sprouts Tropical Fruit Wheat Bread | 9 Chicken Alfredo Broccoli Salad w/ Tomatoes Fruit Ice Cream | 10 Cheeseburger w/ Lettuce & Tomato Sweet Potato Fries 3 Bean Salad Fruit Potato Chips |
| 14 Baked Fish Tail Brown Rice w/ Pinto Beans Mixed Vegetables Wheat Bread Fruit Pudding | 15 Swiss Steak w/ Mushrooms & Onions Mashed Potatoes Corn Fruit Whole Wheat Roll | 16 Cheese Pizza Italian Veggies Salad w/ Diced Ham Cottage Cheese w/ Tomatoes Orange | 17 EASTER MEAL Baked Ham w/ Pineapples Sweet Potatoes Green Beans Whole Wheat Roll Yellow Cake w/ Fruit Topping TC | 18 CLOSED GOOD FRIDAY! NO MEAL SERVICES |
| 21 Philly Cheesesteak Sub w/ Peppers & Onions Stewed Tomatoes Celery & Carrot Sticks w/ Dip Banana Honey Bun | 22 Hot Turkey Sandwich w/ Gravy Mashed Potatoes Broccoli Fresh Fruit | 23 Meatloaf Scalloped Potatoes Green Beans Whole Wheat Roll Salad w/ Tomatoes Fruit | 24 Chicken Tenders Potato Salad Lima Beans Mixed Berries Biscuit | 25 Sloppy Joe w/ Cheese Baby Baker Potatoes Peas Applesauce Cookie |
| 28 Pork Chops w/ Gravy Stuffing White Beans & Spinach Salad w/ Beets Fresh Fruit | 29 Turkey & Cheese Sub w/ Lettuce & Tomato Potato Salad Cucumber, Tomato Salad Yogurt & Fruit | 30 Vegetable Beef Soup Peanut Butter Sandwich Broccoli Apple Crisp Wheat Crackers |  | NOTE: Please call the Romney Senior Center for any home delivered meal questions or concerns |
| If schools are closed due to road conditions, senior centers and meal services are closed. If schools are on a 2 hour delay, we will be open. If schools are dismissing early, we will be closed. You will be provided a frozen meal for the days we are closed. | | | | MENU IS SUBJECT TO CHANGE |