

TRI-CITY CAFÉ MENU

APRIL 2019

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
1 Teriyaki Chicken Green Onion Rice Asian Vegetables Soup du Jour Mandarin Oranges	2 Cheesy Brown Rice Casserole with Mushrooms & Broccoli+ (Vegetarian) Seasoned Peas Garden Salad with Carrots*& Dressing Warm Fruit Compote	3 Thai Fish Curry Soup Asian Slaw+ Whole Grain Crackers or Rice Crackers Seasonal Fresh Fruit <i>Soup & salad</i>	4 Rosemary Chicken with Garlic Wine Sauce Cheese Tortellini Fresh Steamed Carrots Soup du Jour Seasonal Fresh Fruit	5 Sausage, Bell Pepper & Onion Sauté (not pork) Red Beans & Rice Green Salad with Dressing Warm Apple Pie Applesauce
8 Jerk Chicken with Mango Salsa+ Coconut Rice Seasoned Greens Soup du Jour Seasonal Fresh Fruit	9 SUNDAY TUESDAY Spinach & Mushroom Lasagna (Vegetarian) Italian Green Beans Green Salad with Garbanzos & Dressing Warm Cinnamon Applesauce	10 Southwest Chicken Vegetable Soup Romaine Salad with Creamy Salsa Yogurt Dressing Tortilla Chips Seasonal Fresh Fruit	11 Meatloaf (Beef) with Gravy Mashed Potatoes Steamed Broccoli Whole Wheat Bread Seasonal Fresh Fruit	12 Baked Greek Fish (tomatoes+, onions, herbs) Brown Rice Pilaf Carrots Soup du Jour Warm Gingered Pears
15 Spaghetti with Meat Sauce (turkey) Italian Blend Vegetables Soup du Jour Warm Apple Crisp	16 Vegetable Enchilada Casserole Mexican Rice Garden Salad with Carrots Chilled Fruit Juice+ Yogurt	17 Chicken-Lentil Curry Soup Mixed Green Salad with Garbanzo Beans & Thousand Island Dressing Whole Wheat Roll Seasonal Fresh Citrus	18 APRIL BIRTHDAYS Latin Roast Pork Yellow Rice Cuban-style Black Beans Pineapple Coleslaw Warm Pear Crisp	19 Baked Tilapia with Herbed Tomato Sauce Creamy Polenta Zucchini Pepper Sauté Garden Salad with Dressing Seasonal Fresh Fruit
22 Herb-Garlic Baked Chicken Savory Stuffing Broccoli Soup du Jour Warm Spiced Peaches	23 Vegetable Cheese Strata (egg & bread casserole) Seasoned Red Potatoes+ Mixed Greens & Dressing Warm Fruit Compote with Oatmeal topping	24 Albondigas (Mexican beef meatball soup) Whole Wheat Roll Garden Salad with Homemade Light Ranch Seasonal Fresh Fruit	25 Fish Veracruz Brown Rice Garlic Green Beans Soup du Jour Fresh Fruit	26 Paprika Baked Chicken (quarter) Scalloped Potatoes Bavarian Red Cabbage Whole Wheat Roll & Butter Seasonal Fresh Fruit
29 Chicken Chili Verde Steamed Brown Rice Zucchini-Corn-Tomato Medley Coleslaw Seasonal Fresh Fruit	30 Three-Bean Chili & Grated Cheddar (vegetarian) Brown Rice Mixed Green Salad with Garbanzo Beans & Dressing Ambrosia <i>Contains Soy</i>	<i>All menus have no more than 800 milligrams of sodium. In the rare instance a menu has more than 1,000 milligrams of sodium, it will be labeled a <u>Higher Sodium Meal</u>.</i> 1% Lowfat milk included.	Menu is subject to change without notice. Fish listed is either tilapia or cod. +denotes vitamin C-rich foods *denotes vitamin A-rich foods	<i>For our vegetarian participants: Enjoy Meatless Mondays & know that on other service days you may enjoy lunch of side dishes, mostly vegetarian.</i>