

April, 2015

Lumpkin County Senior Center
266 Mechanicsville Rd, (706)864-2358

Meals for Better Living

Monday	Tuesday	Wednesday	Thursday	Friday
		Fajita Chicken Mexican Rice Pinto Beans Lettuce/Tomato Fresh Fruit/Flour Tortilla Devil's Food Cake Milk/Taco Sauce <i>Diet - Pound Cake</i>	Meatballs/Spaghetti Sauce Rotini & Tomatoes Green Beans Tossed Salad/Ranch Fresh Fruit/Wheat Roll Cherry Gelatin Milk/Margarine <i>Diet - Gelatin 2</i>	Glazed Ham Au Gratin Potatoes Italian Green Beans Fluffy Fruit Salad Cornbread/Wheat Crackers Coconut Cake Milk/Margarine <i>Diet - Pound Cake</i>
Chicken Alfredo Green Peas Zucchini/Tomatoes Fresh Fruit Texas Bread Fudge Crème Cookie Milk/Margarine <i>Diet - Choco Crm Cookie</i>	Breaded Fish Cheese Grits Corn & Limas Pineapple Slaw Apple Juice/Wheat Bread Marble Cake Milk/Tartar Sauce <i>Diet - Pound Cake 7</i>	Hamburger Patty Tater Gems BBQ Baked Beans Lettuce/Tomato/Onion Hamburger Bun Fresh Fruit/Choc Milk Catsup/Mustard <i>Diet - Same 8</i>	Garlic Chicken Scalloped Potatoes Mixed Greens/Vinegar Assorted Juice Cornbread/Crackers Citrus Gelatin Milk/Margarine <i>Diet - Gelatin 9</i>	Beef/Bean Burrito Mexican Rice Black Beans Lettuce/Tomato Orange/Pineapple Juice Fresh Fruit/Grhm Crackers Milk/Taco Sauce/Sour Crm <i>Diet - Same 10</i>
Vegetable Lasagna Brussel Sprouts Whole Kernel Corn Grape Juice Wheat Bread/Crackers Oatmeal Cookie Milk/Margarine <i>Diet - Shortbread 13</i>	Salisbury Beef/Gravy Whipped Potatoes Spinach Fruit Blend Juice Cornbread/Crackers Fresh Fruit Milk/Margarine <i>Diet - Same 14</i>	BBQ Pork Baked Pinto Beans Coleslaw Orange/Pineapple Juice Hamburger Bun Peach Cobbler Milk <i>Diet - Peaches 15</i>	Chicken Supreme Mashed Spiced Yams Green Beans Fresh Fruit Wheat Bread/Grhm Crackers Raspberry Gelatin Milk/Margarine <i>Diet - Gelatin 16</i>	Spaghetti Casserole Glazed Carrots Green Peas Tossed Salad/Ranch Texas Bread Fresh Fruit Milk/Margarine <i>Diet - Same 17</i>
Meatballs/Gravy Yellow Rice Green Beans/Onion Fresh Fruit/Apple Juice Wheat Bread Choc Chip Cookie Milk/Margarine <i>Diet - Choco Crm Cookie</i>	Chicken Tetrizzini Lima Beans Parslied Carrots Orange Juice Texas Bread Chocolate Pudding Milk/Margarine <i>Diet - Pudding 21</i>	Macaroni & Cheese Blackeyed Peas Mixed Greens/Vinegar Fresh Banana Cornbread/Grhm Crackers Orange Gelatin Milk/Margarine <i>Diet - Gelatin 22</i>	Hamburger Patty Tater Gems Ranch Beans Lettuce/Tomato/Onion Hamburger Bun Fresh Fruit Milk/Catsup/Mustard <i>Diet - Same 23</i>	Fiesta Chicken Mexican Corn Cabbage Assorted Juice Wheat Bread/Crackers Strawberry Cake Milk/Margarine <i>Diet - Pound Cake 24</i>
Meatloaf/Brown Gravy Delmonico Potatoes Mixed Vegetables Apple Juice Wheat Bread/Crackers Sugar Cookie Milk/Margarine <i>Diet - Shortbread 27</i>	Sausage/Onion/Peppers Butter Beans Baby Glazed Carrots Fruit Blend Juice Hot Dog Bun Pineapple Tidbits Milk/Mustard/Catsup <i>Diet - Same 28</i>	Fajita Chicken Mexican Rice Pinto Beans Lettuce/Tomato Fresh Fruit/Flour Tortilla Devil's Food Cake Milk/Taco Sauce <i>Diet - Pound Cake</i>	Meatballs/Spaghetti Sauce Rotini & Tomatoes Green Beans Tossed Salad/Ranch Fresh Fruit/Wheat Roll Cherry Gelatin Milk/Margarine <i>Diet - Gelatin 30</i>	

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