

April Dinner Menu

Chicken Fried Chicken with Country Gravy
Mashed Potatoes
Apple Glazed Carrots
Whole Grain Bread with Margarine
Pears
Carrot Cake
Milk

Nutrition Information:

Calories: 1020
Fat: 39g
Saturated Fat: 8.5g
Protein: 34g
Total Carbohydrates: 136g
Fiber: 14g
Sodium: 1110mg
Potassium: 1243mg

Stuffed Shells with Red Meat Sauce
Italian Vegetables
Canellini Beans
Garlic Bread with Margarine
Banana
Tapioca Pudding
Milk

Calories: 991
Fat: 45g
Saturated Fat: 10g
Protein: 35g
Total Carbohydrates: 116g
Fiber: 12g
Sodium: 1171mg
Potassium: 1197mg

Roast Beef with Mushroom Gravy
Roasted New Potatoes
Broccoli
Wheat Dinner Roll with Margarine
Orange
Strawberry Shortcake
Milk

Calories: 786
Fat: 32g
Saturated Fat: 9g
Protein: 50g
Total Carbohydrates: 79g
Fiber: 10g
Sodium: 674mg
Potassium: 1697mg

Fish and Chips
with Tartar Sauce and Fresh Lemon
Coleslaw
Baked Beans
Watermelon
Sante Fe Trail Mix
Milk

Calories: 913
Fat: 43g
Saturated Fat: 3g
Protein: 28g
Total Carbohydrates: 113g
Fiber: 9g
Sodium: 433mg
Potassium: 1508mg

Chicken Breast with Honey Orange Glaze
Brown Rice Pilaf
Glazed Carrots
Multigrain Roll and Margarine
Red Velvet Cake
Applesauce
Milk

Calories: 908
Fat: 23g
Saturated Fat: 5g
Protein: 40g
Total Carbohydrates: 139mg
Fiber: 9g
Sodium: 998mg
Potassium: 635mg

The following major food allergens are used as ingredients: Milk, Egg, Fish, Crustacean Shellfish, Tree Nuts, Peanuts, Wheat, Soy, and Sesame. Please notify staff for more information about these ingredients.

Cathedral Plaza: Wednesdays 4:30pm
VOA ANS Center: Thursdays 4:30-5:30pm