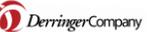




Senior Services of Northern Kentucky Chilled Menu - April 2014



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
 Easter Sunday is April 20	1 Roast Turkey w/ Gravy - 9005 Mashed Potatoes Vegetable Medley Dinner Roll / Margarine Grape Juice (100%) Angel Food Cake  April Fool's Day	2 Spaghetti & Meatballs - 9035 w/ Marinara Sauce Italian Vegetables Spinach / Vinegar Whole Wheat Bread / Margarine Peaches Reconciliation Day - 1989	3 Broccoli Cheddar Chicken-9031 over Rice Corn Carrots Whole Wheat Bread / Margarine Pineapple Tidbits Don't Go to Work Unless It's Fun Day	4 Southwestern c.f. Omelet - 9089 w/ Peppers/ Onions Stewed Tomatoes O'Brien Potatoes Whole Grain White Bread Margarine Pears Graham Crackers  National Walk to Work Day - 2004
7 Smoked Turkey Sausage w/ Sauerkraut - 9055 Mashed Potatoes Green Beans Rye Bread (2 slices) Margarine Fruit Cocktail Mustard / Ketchup No Housework Day	8 Deli Ham - ch7005 Baked Beans Broccoli Swiss American Cheese Bun Pineapple Tidbits Mustard / Ketchup All is Ours Day	9 Salisbury Steak w/Gravy - 9029 Parslied Potatoes Mixed Vegetables Whole Wheat Bread / Margarine Peaches Animal Cookies Winston Churchill Day	10 Grilled Chicken w/ BBQ Sauce - 9049 Potato Wedges Broccoli w/ Cheese Bun Applesauce  Golfer's Day - 1st Pro Golf Tournament 1916	11 Cheese Ravioli w/ Marinara - 9109 Green Beans Corn Whole Wheat Bread / Margarine Petite Banana  Eight Track Tape Day
14 Country Fried Steak - 9063 Potato Wedges Green Beans Dinner Roll / Margarine Fresh Orange Animal Cookies  International Moment of Laughter Day	15 Chili w/ Spaghetti - 9064 Vegetable Medley (2 servings) Cheddar Cheese Saltine Crackers (2 pks) Peaches  Titanic Remembrance Day	16 Chicken Stew - ch7022 Vegetable Medley (2 servings) Cornbread / Margarine Fruited Jello Goldfish Graham Crackers  National Stress Awareness Day - 1992	17 Baked Chicken w/ Gravy-9075 Herb Dressing Broccoli Cauliflower Whole Wheat Bread / Margarine Strawberry Applesauce  Blah, Blah, Blah Day	18 Good Friday SSNK Closed No meal delivery 
21 Chicken & Rice w/ Gravy - 9023 Broccoli Carrots Whole Wheat Bread / Margarine Pears Diet: same	22 Bar-B-Q Sauce with Shredded Beef - 9051 Peas and Onions Peach Dessert Cole Slaw Bun  Girl Scout Leader Day	23 Meatloaf w/Gravy - 9072 Mashed Potatoes Carrots Dinner Roll / Margarine Orange Juice (100%) Angel Food Cake  Administrative Professionals Day-1952	24 Beef Vegetable Stew - 9001 w/Carrots, Red Skin Potatoes, Peas Green Beans Pineapple Dessert Cornbread / Margarine  Take Your Daughter to Work Day-1993	25 Chicken Carmela - 9041 in Savory Tomato Sauce Spaghetti Italian Vegetables (2 servings) Wheat Dinner Roll / Margarine Applesauce World Penguin Day
28 Hawaiian Pineapple Ham-9094 Sweet Potato Patties (2 ea) Peas Dinner Roll / Margarine Cranberry Juice Sponge Cake  International Astronomy Day-1973	29 Chicken Potato Casserole - 9315 Broccoli (2 servings) Whole Wheat Bread / Margarine Apple Juice (100%) Animal Cookies	30 Beef Taco Salad - 9313 Lettuce, diced Tomatoes Shredded Cheese, Sour Cream Corn Peach Dessert Tortilla Chips Mild Taco Sauce National Honesty Day-1990s		 Complete meal consists of: 3 oz. Protein, 2 servings of Vegetables (1/2 cup ea), 1 serving of Fruit (1/2 cup) or Juice (4 oz.), 2 servings of Bread/Starch, and 8 oz. Milk (1/2 pint)