


Elk Mtn. Center - Please RSVP by 8:30 am the morning of the meal. Thank you!

<p>April 2019</p> 	<p>MONDAY 1 BBQ Pork Riblet French Fries Cucumber/onions Wheat Bread Cherries Milk</p>	<p>TUESDAY 2 Baked Ham Sweet Potato Cauliflower Wheat Bread Fruited Jell-O Whipped Topping Milk</p>	<p>WEDNESDAY 3 Chicken Patty Tater Tots Cole Slaw Wheat Bread Plums Brownie Milk</p>	<p>THURSDAY 4 Beef Stroganoff Noodles Asparagus Wheat Roll Apricots Milk</p>	<p>FRIDAY 5 Salmon Patty O'Brien Potato Green Beans Wheat Roll Mandarin Oranges Milk</p>	<p>SATURDAY 6 Elk Mt Breakfast Saturday 9:00 am Pancakes Sausage Scrambled Eggs</p>
<p>Recommended Serving Sizes 3 oz. meat ½ cup of vegetables ½ cup of fruit 2 servings of bread or complex carbohydrate 1 cup of 2% milk</p>	<p>MONDAY 8 Baked Pork Chop Mash. Pot./gravy Carrots Wheat Bread Applesauce Milk</p>	<p>TUESDAY 9 Chicken A La King Biscuits Beets Peaches Milk</p>	<p>WEDNESDAY 10 Broccoli/cheese soup Turkey Salad Sandwich Pickle spear Cherries Milk</p>	<p>THURSDAY 11 Beef Enchilada Salsa/sour cream Spanish Rice Squash Blend Strawberries Milk</p>	<p>FRIDAY 12 Swiss Steak Baked Potato Broccoli Wheat Roll Pineapple Tidbits Milk</p>	<p>SATURDAY 13 Elk Mt Breakfast Saturday 9:00 am Sausage Gravy Hash browns Biscuits Milk; Juice</p>
<p>Happy Birthday Bob Johnson 10 Edith Jones 10 Danette Toth 17 Joyce Menke 18 Pat Eastman 20 Bill Sherwood 28 Cathy Wick 30</p>	<p>MONDAY 15 Cabbage Roll Casserole Oven Potato Mixed Vegetables Wheat Bread Applesauce Milk</p>	<p>TUESDAY 16 Meatloaf O'Brien Potatoes Spinach Wheat Bread ½ Banana Milk</p>	<p>WEDNESDAY 17 Oven Chicken Mash. Pot./gravy Peas Wheat Roll Peaches Milk</p>	<p>THURSDAY 18 Roast Beef Mash. Pot./gravy Zucchini Wheat Roll Pears Chocolate Cake Milk</p>	<p>FRIDAY 19 Good Friday CLOSED</p>	<p>SATURDAY 20</p>
<p>Happy Easter</p>	<p>MONDAY 22 Hamb. Steak/onion Steamed Potatoes Italian Vegetables Wheat Roll Plum whip Milk</p>	<p>TUESDAY 23 Chili Cheese/onion Tossed Salad Cornbread Cinnamon Apples Milk</p>	<p>WEDNESDAY 24 Pork Roast Au Gratin Potato Spinach Wheat Bread Fruit Cocktail Milk</p>	<p>THURSDAY 25 Beef Tacos Lettuce, tomato, cheese Refried Beans Corn Fruit Salad Pudding Milk</p>	<p>FRIDAY 26 French Dip Sand. Au Jus Oven Brown Potato Cauliflower Pineapple Tidbits Milk</p>	<p>SATURDAY 27</p>
	<p>MONDAY 29 Sweet/Sour Meatballs Steamed Rice Oriental Vegetable Strawberries Ice Cream Milk</p>	<p>TUESDAY 30 Lasagna Tossed Salad Garlic Bread Fruit Salad Milk</p>				