

# West Spfld COA April 2019 Menu ~ Reservation Line: 263-3264

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	
<p>1 Penne Pasta with Meat Sauce Italian Green Beans Italian Bread Sliced Peaches</p> <p>\$3</p>	<p>2 Beef Stroganoff Egg Noodles Peas Wheat Bread Tapioca Pudding</p> <p>\$3</p>	<p>3—Breakfast for Lunch Pancakes with Syrup Breakfast Sausages Home Fries Pineapple Orange Juice Wheat Bread Apricots</p> <p>\$3</p>	<p>4—<b>Spring Lunch &amp; Concert</b> Chicken with Sage Stuffing &amp; Gravy Mashed Potato Caribbean Blend Veg. Dinner Roll Lemon Tart with Topping</p> <p>\$6</p>	<p>5—<b>Lenten Meal</b> Cheese &amp; Potato Pierogi with Onions Steamed Cabbage Carrots Wheat Bread Fresh Orange</p> <p>\$3</p>	<p>Suggested Weekly Donation \$18.00</p>
<p>8 Chicken Breast Marsala Bow Tie Pasta California Blend Veg. Potato Bread Fig Newton Cookie</p> <p>\$3</p>	<p>9 Sausage Grinder with Tomato Sauce, Mozzarella Cheese Peppers &amp; Onions Tossed Salad with Dressing Anzio Roll Sliced Pears</p> <p>\$3</p>	<p>10 Meatloaf with Gravy Mashed Potatoes Baby Carrots Wheat Bread Chocolate Pudding with Topping</p> <p>\$3</p>	<p>11 Roast Turkey Dinner Bread Stuffing, Cranberry Sauce Butternut Squash Wheat Bread Fresh Banana</p> <p>\$3</p>	<p>12—<b>Lenten Meal</b> National Grilled * Cheese Day Grilled Cheese Sandwich on Wheat Bread Tomato Juice 4—Bean Salad Pineapple Tidbits</p> <p>\$3</p>	<p>Suggested Weekly Donation \$15.00</p>
<p>15 <b>Patriot's Day Holiday Our Center is Closed</b></p>	<p>16 Chicken Breast Chunks with BBQ Sauce French Fries Mixed Vegetables Potato Bread Chef's Choice Cookie</p> <p>\$3</p>	<p>17 American Chop Suey Elbow Macaroni Normandy Blend Veg. Italian Bread Fresh Apple</p> <p>\$3</p>	<p>18 Hamburger Tater Tots Lettuce &amp; Tomato Cranberry Juice Wheat Bun Vanilla Pudding</p> <p>\$3</p>	<p>19—<b>Lenten Meal</b> Pollack Loin with Bread Topping Rice Pilaf Steamed Spinach Wheat Bread Tropical Fruit Cup</p> <p>\$3</p>	<p>Suggested Weekly Donation \$12.00</p>
<p>22—<b>Hilda's 100 B-day</b> * Cheese &amp; Pepperoni Pizza Tossed Salad with Dressing Wheat Bread Fruit Cocktail</p> <p>\$3</p>	<p>23 Stuffed Cabbage Mashed Potato Fresh Zucchini Squash Orange Juice Italian Bread Cinnamon Applesauce</p> <p>\$3</p>	<p>24 Chicken Breast Piccata &amp; Gravy Fusilli Pasta Peas &amp; Carrots Wheat Bread Mandarin Oranges</p> <p>\$3</p>	<p>25—<b>Birthday Lunch</b> Fresh BBQ Pork Ribs Spanish Rice Cole Slaw Italian Bread Birthday Cake</p> <p>\$3</p>	<p>26 Chili Con Carne (with Hamburg) Baked Potato, Cheese Sauce &amp; Sour Cream Steamed Broccoli Wheat Bread Banana Pudding</p> <p>\$3</p>	<p>Suggested Weekly Donation \$15.00</p>
<p>29 Pulled Pork Rice &amp; Beans Roasted Corn Apple Juice Anzio Roll Sliced Apples</p> <p>\$3</p>	<p>30 Chicken Cutlet Parm. Sandwich, Steak Fries Tomato Cucumber Salad Wheat Hamburg Bun Diced Peaches</p> <p>\$3</p>		<p>If your Birthday is this month and you live in West Springfield we want to treat you to a free lunch on the last Thursday of this month!</p>	<p>Meal Reservations are required in advance of the day we serve</p> <p>Please Call 263-3264 To reserve your lunch seat today!</p>	<p>Suggested Weekly Donation \$6.00</p>
<p>Our Nutrition Program is funded in part by the MA Executive Office of Elder Affairs and the Federal Administration for Community Living</p>		<p>Suggested Monthly Donation \$66.00 Meals subject to change without Notice. Donations: \$3/&gt;60 yrs., \$3.75/&lt;60 yrs.</p>		<p>Lunch—11:30 am—12:15 pm 1 or 2% Milk Daily Multi-Grain Bread 3x/week</p>	