

April

MENU



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
3 Vegetable Lasagna Zucchini Cole Slaw Grapes Whole Wheat Bread	4 Stuffed Pepper Red Skin Potatoes California Blend Apricots Dinner Roll	5 Beef Pastie w/Gravy Three Bean Salad Zucchini Cole Slaw Ambrosia Dinner Roll	6 Roasted Turkey w/Gravy Garlic Mashed Potatoes Asparagus Bean Salad Mixed Fruit Corn Muffin	7 OPC CLOSED NO DELIVERY USE FROZEN MEAL
10 OPC CLOSED NO DELIVERY USE FROZEN MEAL	11 Pork Chop w/Sauerkraut Rosemary Roasted Potato Prince Charles Blend Grapes Whole Wheat Bread	12 Chicken a la King w/Rice Mixed Vegetables Fruit Salad Breadstick	13 Ham Whole Green Beans Scalloped Potatoes Cabbage Slaw Carrot Cake	14 Pork Chop w/Gravy Roasted Potatoes Mixed Vegetable Fresh Fruit Dinner Roll
17 Stuffed Cabbage Mashed Potatoes Green Beans Romaine Salad Fresh Fruit Bread	18 Chinese Chicken Casserole Carrot Salad Oriental Blend Vegetable Grapes Dinner Roll	19 Italian Lasagna Italian Cut Green Beans Carrot Salad Fruit Medley Italian Bread	20 Pizza Three Bean Salad Creamy Cole Slaw Red Apple Cookie	21 Baked Cod Baked Potato Broccoli Cuts Apricots Dinner Roll
24 Meatloaf Parsley Potatoes Roasted Brussel Sprouts Sliced Peaches Wheat Bread	25 Escalloped Chicken & Noodle Green Beans Cabbage Slaw Banana Wheat Bread	26 Ham Low Sodium Au Gratin Potatoes Mixed Vegetables Fresh Pear Dinner Roll	27 Spanish Rice w/Meat Key West Vegetable Carrot Salad Whole Wheat Roll Fruit Cup	28 Chicken Cutlet w/Gravy Red Skin Potatoes Mixed Vegetable Dinner Roll Fruit Salad

JOIN US FOR LUNCH!
 Lunch is served at OPC Mon - Fri at NOON
 Reservations required -
 Call 248.659.1032 by 11 am the day prior
 COST: 60 & over - \$3 donation | Under 60 - \$4 charge

Older Persons' Commission | 650 Letica Drive | Rochester, MI | 48307 248.656.1403

The Senior Nutrition Program of the Area Agency on Aging 1-B is funded in part by the Federal Older Americans Act and the Michigan Department of Health & Human Services (MDHHS)/Aging and Adult Services Agency (AASA) and complies with the terms and regulations of the Title V of the Civil Rights Act of 1964 as amended, and Section 504 of the Social Rehabilitation Act of 1973 and is an Equal Opportunity Employer program. Reasonable accommodations will be provided upon notification or request. Contact information: www.aaa1b.org • 1.800.852.7795