

APRIL 2014

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
	1 APRIL FOOLS LUNCHEON SPAGHETTI & MEATBALLS TOSSED SALAD SURPRISE DESSERT	2 HOT DOGS & BEANS SAUERKRAUT CITRUS FRUIT	3 ROAST TURKEY W/ GRAVY STUFFING GREEN BEANS CRANBERRY SAUCE CRUSHED PINEAPPLE	4 LEMON PEPPER FISH MASHED POTATO SPINACH BANANA
7 STUFFED PEPPER MASHED POTATO WHOLE BABY CARROTS ICE CREAM	8 CHICKEN CACCIATORE ONIONS & PEPPERS BROWN RICE BROCCOLI APPLESAUCE	9 SWEDISH MEATBALLS NOODLES MIXED VEG POUND CAKE	10 TILAPIA BAKED POTATO STEWED TOMATOES APPLE	11 EGGPLANT PARM ZUCCHINI LEMON MERINGUE PIE
14 BAKED FISH OF THE DAY MASHED POTATO BEETS ORANGE	15 AMERICAN CHOP SUEY CAULIFLOWER BUTTERSCOTCH PUDDING	16 CHICKEN TERIYAKI WILD PILAF ORIENTAL BLEND FRUIT COCKTAIL	17 MEATLOAF W/GRAVY MASHED POTATO WINTER BLEND COOKIES	18 GOOD FRIDAY CLOSED
21 SALISBURY STEAK W/GRAVY MASHED POTATO BRUSSEL SPROUTS PEARS	22 FISH AND CHIPS ITAL. GREEN BEANS BANANA	23 CHICKEN FLORENTINE RICE PILAF PEAS AND CARROTS MANDARIAN ORANGES	24 SLOPPY JOE ON BUN CARROT COINS BROWNIES	25 HAM AND CHEESE SANDWICH COLE SLAW PEACHES
28 BBQ CHICKEN BROWN RICE BROCCOLI VANILLA PUDDING	29 BREADED FISH MASHED POTATO STEWED TOMATO CRUSHED PINEAPPLE	30 HAPPY BIRTHDAY LUNCH BEEF STROGANOFF NOODLES CALIFORNIA BLEND BIRTHDAY CAKE	Meals are supported by Senior Resources Agency on Aging with Title III funds available under the Older Americans Act	<u>Lunch Cost:</u> Age 60+, \$3.00 suggested donation. Under Age 60\$12.51

(Menu subject to change without notice)

CHESTER – 29 West Main Street CLINTON – 54 East Main Street OLD SAYBROOK – 220 Main Street OLD LYME – 26 Town Woods Road
WESTBROOK – Westbrook Town Hall, Senior Center, 866 Boston Post Road, **THURSDAYS ONLY**
RESERVATIONS AND CANCELLATIONS NEED TO BE MADE **24 HRS IN ADVANCE** BY CALLING THE ESTUARY OFFICE AT 388-1611 **BEFORE 11:00A.M.**
THIS MENU MEETS 1/3 RDA AND CONFORMS TO U.S. DIETARY GUIDELINES – CERTIFIED BY NANCY EASTWOOD, RD

8 oz. – 1% milk Multi-grain breads are served with each meal unless noted above Condiments are served as posted