



The McKissick Center

FOR SENIOR WELLNESS

April 2019

MONDAY		TUESDAY		WEDNESDAY		THURSDAY		FRIDAY	
1% Milk	1	1% Milk	2	1% Milk	3	1% Milk	4	1% Milk	5
Herb Roasted Chicken		Meatloaf w/ Tomato Sauce		Roast Turkey w/ Dressing		Macaroni and Cheese w/ Ham		Chicken Salad	
Steamed Broccoli		Black Eyed Peas		Roasted Sweet Potatoes		Green Peas		Broccoli Salad	
Parsley Glazed Carrots		Green Bean Amandine		Kale		Okra and Tomatoes		Madarin Orange Pudding	
Brown Rice		Mashed Potatoes		Fresh Pineapple		Fresh Orange		Whole Wheat Crackers	
Banana		Mixed Fruit		Whole Grain Roll		Whole Wheat Bread		Vanilla Wafers	
1% Milk	8	1% Milk	9	1% Milk	10	1% Chocolate Milk	11		12
Cubed Steak w/ grilled Onions		Baked Spaghetti		Baked Chicken Strips w		Pork Roast		Tuna Pasta Salad	
Brussels Sprouts		Steamed Broccoli		Honey Mustard		Steamed Carrots		Tomato Cucumber Salad	
Lima Beans		Tossed Salad w/ Ital. Dressing		Beets, Turnip Greens		Cabbage w/ Margarine		Grapes	
Brown Rice		Garlic Roll		Strawberries		Mashed Potatoes		Whole Wheat Crackers	
Cranapple Juice		Peach Crisp		Cornbread		Banana		Peach Yogurt	
1% Milk	15	1% Milk	16	1% Milk	17	1% Chocolate Milk	18		19
Pork Cutlet		Chicken Noodle Casserole		Chili w/ Beans		Scrambled Eggs		CLOSED	
Butternut Squash		Mixed Vegetables		Collard Greens		Turkey Sausage Patty			
Creamed Spinach		Zucchini & Tomatoes		Cornbread		Rstd Red Potatoes & Onion			
Applesauce		Strawberry & banana Salad		Pear Crisp		Whole Wheat Roll			
Whole Wheat Roll						Hot Fruit Salad			
1% Milk	22	1% Milk	23	1% Milk	24	1% Milk	25	1% Chocolate Milk	26
Chicken Enchiladas		Pulled Pork BBQ		Lemon Pepper Cod		Salisbury Steak		Turkey Salad	
Black Beans & Corn		Coleslaw		Mixed Greens		Mashed Potatoes		Carrot Raisin Salad	
Spiced Pears		Baked Beans		Banana		Chuckwagon Corn		Cantaloupe	
Oatmeal Cookie		Spiced Pineapple		Brown Rice Pilaf		Fresh Orange		Whole Wheat Crackers	
		Whole Wheat Bun		Raisin Bran Muffin		Whole Wheat Roll			
1% Milk	29	1% Milk	30	1% Milk	29	1% Milk	30		
Herb Roasted Chicken		Meatloaf w/ Tomato Sauce		Roast Turkey w/ Dressing		Macaroni and Cheese w/ Ham			
Steamed Broccoli		Black Eyed Peas		Roasted Sweet Potatoes		Green Peas			
Parsley Glazed Carrots		Green Bean Amandine		Kale		Okra and Tomatoes			
Brown Rice		Mashed Potatoes		Fresh Pineapple		Fresh Orange			
Banana		Mixed Fruit		Whole Grain Roll		Whole Wheat Bread			

DONATIONS FOR ACTIVITIES AND MEALS ARE GRATEFULLY ACCEPTED.