



The McKissick Center
FOR SENIOR WELLNESS

April 2020

MONDAY		TUESDAY		WEDNESDAY		THURSDAY		FRIDAY	
MENU KEY No Delivery Freezing Meals Sending Hot Meal w/ Frozen Delivering Hot Meal				Beef & Salsa Burrito 1 Tortilla Lettuce & Tomato Refried Beans Chuckwagon Corn Mand Oranges & Bananas Fortified Juice		Stuffed Shells w/ Chunky 2 Marinara & Cheese Roasted Green Beans & Peppers Baked Potato w/ Butter Fortified Juice		General Tso's Chicken 3 Steamed Broccoli Stir Fry Zucchini & Onions Pears Brown Rice 1% Milk	
Cranberry Chick Salad 6 Whole Wheat Crackers Cucumber, Garbonzo & Tomato Salad Banana Fortified Juice		Apple Orchard Pork Chop 7 Mashed Potatoes Corn & Black Beans Whole Grain Roll Fortified Juice		Kielbasa w/ Pepr & Onion 8 Rstd Sweet Potatoes & Brussel Sprouts Apricots Fruited Yogurt 1% Chocolate Milk		9 CLOSED		10 CLOSED FOR HOLIDAY GOOD FRIDAY	
Creamy Turkey Penne 13 Buttered Carrots & Red Grapes Texas Toast 1% Milk		BBQ Chicken Thigh 14 Cajun Red Beans & Rice Creole Tomatoes & Okra Whole Wheat Roll 1% Milk		Crustless Ham & Vegetable Quiche 15 Potato & Kale Hash Creamy Polenta 1% Milk		Hearty Beef Kielbasa 16 Sauteed Cabbage White Rice Whole Wheat Roll Fortified Juice		Chicken Cordon Bleu 17 Sauteed Spinach Roasted Carrots Coconut-Pineapple Bars Fortified Juice	
Turkey Wrap 20 Lettuce Swiss and Mayo Broccoli Salad Applesauce Whole Wheat Wrap 1% Milk		Swiss Steak w/ Gravy and onions 21 Mashed Potatoes Shredded Brussel Sprouts Whole Wheat Roll Fortified Juice		Chef Salad w/ Fat Free Ranch Dressing 22 Whole Grain Roll Mandarin Oranges Fruited Yogurt Fortified Juice		23 CLOSED		Crisy Baked Pork Cutlet 24 Great Northern Beans Diced Beets Cornbread Fortified Juice	
Turkey Vegetable Stew 27 Spinach Salad, Garbanzo Beans Strawberries, Balsamic dress Sliced Peaches Buttermilk Cornbread Fortified Juice		Pork Chop & Stuffing Casserole 28 Sweet Potato Blueberry-Apple Crisp 1% Milk		Beef & Salsa Burrito 29 Tortilla Lettuce & Tomato Refried Beans Chuckwagon Corn Mand Oranges & Bananas Fortified Juice		Stuffed Shells w/ Chunky 30 Marinara & Cheese Roasted Green Beans & Peppers Baked Potato w/ Butter Fortified Juice			

DONATIONS FOR ACTIVITIES AND MEALS ARE GRATEFULLY ACCEPTED.