

April 2022

Soprema Café Voucher Meals 11:30 am – 1:30 pm

| Monday | Tuesday | Wednesday | Thursday |
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| Menu Approved by: Ann Stalheber, M.S., R.D.N., L.D. | | | |
| <p>4</p> <p>Chicken Alfredo – 1 cup Garden Salad – 1 cup Dressing – 1 package Corn – ½ cup Chewy Granola Bar 1 oz Peaches – ½ cup Whole Wheat slice – 2 oz</p> | <p>5</p> <p>Beef Meatloaf – 3 oz Mashed Potatoes 1/2 c Mixed Vegetables – ½ cup White Roll – 2 oz. Mixed Fruit – ½ cup</p> | <p>6</p> <p>BBQ Chicken – 3 oz Baked Potato – 3 oz Diced Beets – ½ cup Applesauce – ½ cup Whole Grain Roll – 2 oz</p> | <p>7</p> <p>Pierogis with caramelized onions – 3 Sour cream 2 oz Turkey Kielbasa – 2 oz. Cabbage – ½ cup Mixed vegetables 1/2 cup Whole grain Roll – 1 Low-fat chocolate pudding -1/2 cup</p> |
| <p>11</p> <p>Vegetable Lasagna – 1 cup Green & Gold Beans – 1 cup Sliced Peaches – ½ cup Whole Grain Rye Bread – 1 oz.</p> | <p>12</p> <p>Salisbury Steak – 3 oz Baby Carrots – ½ cup Mashed Potatoes – ½ cup Gravy – ¼ cup Pears – ½ cup Whole Wheat Slice – 2 oz</p> | <p>13</p> <p>Ham – 3 oz Scallop Potatoes – ½ cup Green Beans – ½ cup Jell-O Salad with fruit – ½ cup Whole Grain Roll – 2 oz</p> | <p>14</p> <p>Macaroni & Cheese – 1 cup Garden Salad – 1 cup Dressing – 1 package Corn – ½ cup Fruit Cocktail – ½ cup Whole Wheat slice – 2 oz</p> |
| <p>18</p> <p>Potato Soup with ham – 10 oz (2 oz ham) Shredded Cheddar Cheese – ¼ cup Green House Salad with tomatoes– 1 cup Beets – ½ cup Whole Wheat Roll - 2 oz Fruit Cocktail – ½ cup</p> | <p>19</p> <p>Mini beef (1/2 cup) Tacos w/salsa–1/2 cup Tortilla shells, 1 oz Mexican Street Corn – ½ cup Rice – ½ cup Mandarin Oranges – ½ cup</p> | <p>20</p> <p>Rigatoni and Meatballs – 1 cup Green Salad with cucumbers & tomatoes – 1 cup Dressing – 1 package Cooked Spinach – ½ cup Applesauce – ½ cup Whole Wheat Slice – 2 oz</p> | <p>21</p> <p>Kielbasa 4 oz Buttered Noodles – ½ cup Cabbage – ½ cup Green Peas – ½ cup Fruit Cup – ½ cup Whole Wheat Slice – 2 oz</p> |
| <p>25</p> <p>Sloppy Joes on bun -4 ounce, beef, 2 oz bun Macaroni and Cheese – ½ cup Lima Beans – ½ cup Broccoli – ½ cup Orange – 1</p> | <p>26</p> <p>Cheese Ravioli – 6 oz Zucchini – ½ cup Roasted Carrots – ½ cup Whole Wheat Roll – 2 oz Low-fat Vanilla Pudding – ½ cup Banana - 1</p> | <p>27</p> <p>Tuna & Noodle Casserole – 1 cup Green Salad – 1 cup Green Peas – ½ cup Dressing – 1 package 20 grapes Whole Wheat Roll - 2oz</p> | <p>28</p> <p>Roasted Chicken 3oz Pasta Salad with Veggies- 1 cup Corn – ½ cup Mixed Fruit– ½ cup Whole Grain bun – 2 oz</p> |

All Meals include choice of milk or calcium fortified juice

| ALTERNATE 1 | OR | ALTERNATE 2 |
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| Cold deli meat sandwich – 4 ounce with chips -1/2 cup, pickle spear and Orange | | Green Salad – 2 cups with Chicken Strips -4 ounce, dressing – 1 piece and Whole Wheat Roll -2 ounce and 1 orange |