

HIGH DESERT NUTRITION PROGRAM
PHONE 375-2222 For Reservation and/or Cancellations
Office Number 375-5438

CHARGE FOR NON-SENIORS (UNDER 60) \$5.00
 REQUESTED DONATION FOR SENIORS: \$2.00
 RESERVATIONS MUST BE MADE 24 HOURS IN ADVANCE

Menus subject to change without prior notice
 Fortified Margarine and Milk served each day

APRIL 2008

	(1) Sweet & Sour Pork Rice Oriental Vegetables Beet Salad Orange Fortune Cookie A B C D F	(2) Enchilada W/Sour Cream Refried Beans Spanish Rice Mexi-Slaw Pears A B C D F	(3) Hamburger Lettuce & Tomato Pickles & Onions Potato Wedges Carrot Raisin Salad Jell-O W/Fruit A B C D F	(4) Taco Salad W/ Sour Cream & Salsa Refried Beans Spanish Rice Cantaloupe A B C D F
(7) Polish dog W Mustard Sauerkraut Glazed Carrots Potato Wedges Pudding A B C D F	(8) Tuna Stuffed Tomato 3-Bean Salad Crackers Jell-O W/fruit A B C D F	(9) Tortellini Soup Spinach Garden salad French Bread Orange Brownie A B C D F	(10) BBQ Chicken Legs Peas Coleslaw Bread Fresh Fruit A B C D F	(11) Scrambled Eggs W Ham & Cheese Hash Browns Biscuit & Gravy Cantaloupe A B C D F
(14) Meatloaf Mashed Potatoes W Gravy Mixed Vegetables Green Salad Dinner Roll Ice Cream A B C D F	(15) Chili Size Corn Potato Wedges Fresh Fruit A B C D F	(16) Spaghetti W/Meatballs Italian Vegetables Garden salad French Bread Fresh Fruit A B C D F	(17) Tilapia Fish W / Lemmon Pepper Pilaf Rice Peas & Carrots Coleslaw Bread Apple Crisp A B C D F	(18) Chef Salad Mixed Vegetables Macaroni Salad Crackers Cantaloupe A B C D F
(21) Salisbury Steak Mashed Potatoes/Gravy Peas & Carrots Garden Salad Fresh Fruit A B C D F	(22) Crispy Chicken Salad Vegetable Soup Spring Salad Crackers Fresh Fruit A B C D F	(23) Stuffed Baked Potato W/Ham & Cheese Broccoli Green Salad Wheat Bread Cookies A B C D F	(24) Soft Taco W/Sour Cream & Salsa Refried Beans Spanish Rice Mexi Slaw Pudding A B C D F	(25) BBQ Ribbets Baked Potato W/Sour Cream Green Beans Garden Salad Dinner Roll Jell-O W/Fruit A B C D F
(28) Ham Salad Sandwich Split Pea Soup Coleslaw Wheat Bread Fresh Fruit A B C D F	(29) Volunteer Lunch Glazed Ham YamsW/ Apples Peas Garden Salad Ice Cream A B C D F	(30) Birthday Lunch Country Fried Steak W/Gravy Mashed Potatoes Succotash Green Salad Cake A B C D F		

Please help us out by grading our menus for the month. All you need to do is to circle your grade for each day. (A = excellent, B = good, C = fair, D = poor, F = awful.) At the end of the month you may turn it into the Nutrition office or to your Meals on Wheels driver. Your assistance will help us in providing future menus that are the most desirable to you.