

## APRIL 2025 OLNEY SR CUB CTR 940-564-2782

**APR 1-4 AAA WK 4 LN-10/20 \*ALL DINE-IN MEALS SERVED WITH CHOICE: TEA, WATER, 2% MILK**

**1<sup>ST</sup> TUE** BEEF TIPS & NOODLES, MIXED VEGETABLES, WHOLE WHEAT ROLL, PINEAPPLE UPSIDE DOWN CAKE

**2<sup>ND</sup> WED** CHICKEN CACCIATORE, ITALIAN GREEN BEANS, COMBINATION SALAD, GARLIC TOAST, MANDARIN ORANGES

**3<sup>RD</sup> THU** PORK CHOP, BLACKEYED PEAS, SPINACH, CORNBREAD, STEWED APPLES OR WHOLE APPLES

**4<sup>TH</sup> FRI** BEEF MACARONI CASSEROLE, SUCCOTASH, WHOLE WHEAT BREAD, TROPICAL MIXED FRUIT

**APR 7-11 AAA TB-10/11**

**7<sup>TH</sup> MON** 2011-33 SPAGHETTI W/MEATBALLS, WHOLE WHEAT ROLL, MARGARINE, SPINACH, HONEY DEW MELON

**8<sup>TH</sup> TUE** 2011-25 OVEN FRIED CHICKEN, BOW TIE PASTA, BROCCOLI RAISIN SALAD, FRUIT COCKTAIL

**9<sup>TH</sup> WED** 2011-28 ROAST PORK, SWEET POTATOES, SUCCOTASH, WHOLE WHEAT ROLL, BANANA PUDDING

**10<sup>TH</sup> THU** 2011-13 CHICKEN FRIED STEAK, MASHED POTATOES, COUNTRY GRAVY, STEWED OKRA, SEASONED CORN, PUMPKIN SQUARE

**11<sup>TH</sup> FRI** 2011-11 BREADED FISH ON BUN, LETTUCE/ TOMATO/ PICKLE, TARTAR SAUCE, POTATO WEDGES, COLESLAW WITH DRESSING, PEACH CHANTILLY

**APR 14-18 CDH 2011 AWD WK2**

**14<sup>TH</sup> MON** 2011-9 BBQ BEEF W/SAUCE, SMOTHERED POTATOES, PINTO BEANS, WHEAT BUN, APRICOTS

**15<sup>TH</sup> TUE** 2011-6 SALISBURY STEAK, DICED POTATOES/SKIN ON, ENGLISH PEAS, WHEAT ROLL, FRUIT SALAD IN JUICE

**16<sup>TH</sup> WED** 2011-10 BEEF TIPS & NOODLES, MEADOW BLEND VEG, CORN, WHEAT ROLL, CHOC CAKE/STRAWBERRY

**17<sup>TH</sup> THU** 2011-7 CHICKEN SPAGHETTI, CARROTS, ZUCCHINI, WHEAT BREAD, BANANAS/VAN PUDDING

**18<sup>TH</sup> FRI CONGREGATE CLOSED** – MEALS ON WHEELS: 2011-8 MEATLOAF W/TOM SAUCE, MASHED POTATOES, WINTER BLEND VEG, WHEAT ROLL, APPLE FLUFF

**APR 21-25 AAA WK 5 LN-10/20**

**21<sup>ST</sup> MON** BAKED HAM, SWEET POTATO CASSEROLE, MIXED VEGETABLES, WHOLE WHEAT ROLL, PEARS

**22<sup>ND</sup> TUE** TURKEY POT PIE/VEGETABLES, RAW VEGETABLE SALAD, BISCUIT, PINEAPPLE SLICES

**23<sup>RD</sup> WED** BARBEQUE BEEF ON BUN, OVEN BAKED POTATO WEDGES, CARROT RAISIN SLAW, (BUN), PEACHES

**24<sup>TH</sup> THU** CHICKEN FAJITAS, SPANISH RICE, SHREDDED LETTUCE/CHOPPED TOMATOES, (TORTILLA), APRICOTS

**25<sup>TH</sup> FRI** BAKED TILAPIA, HERBED RICE, SCALLOPED TOMATOES, WHOLE WHEAT BREAD, BLUEBERRY CRUMBLE

**APR 28-30 CDH WK1 2011**

**28<sup>TH</sup> MON** CHICKEN RICE CASSEROLE, BLACK-EYED PEAS, CARROTS, WHEAT ROLL, FRUIT COCKTAIL

**29<sup>TH</sup> TUE** TUNA CASSEROLE, ENGLISH PEAS, CHUCK WAGON CORN, WHEAT ROLL, APPLESAUCE

**30<sup>TH</sup> WED** BEEF STEW, TURNIP GREENS, (VEG IN ENTRÉE), CORNBREAD, BLACK FOREST PARFAIT

**DID YOU KNOW?** Artificial trans fats are very unhealthy- they are a side product when vegetables oils are hydrogenated like margarine. A high intake of trans fats is associated with chronic diseases like abdominal obesity, inflammation, and heart disease. So read your labels and avoid trans fats.