

# APRIL HDM MENU 2024

**THE NUTRITION CENTER AT LAKE ISLE**

<b>MONDAY 1</b> MANICOTTI TOMATO SAUCE BROCCOLI & CHICKPEAS	<b>TUESDAY 2</b> BAKED HAM AU GRATIN POTATOES GREEN BEANS	<b>WEDNESDAY 3</b> ORANGE GINGER CHICKEN BROWN RICE ASIAN VEGETABLES	<b>THURSDAY 4</b> MEATLOAF & GRAVY MASHED SWEET POTATOES PEAS & ONIONS	<b>FRIDAY 5</b> SALMON PATTY QUINOA & KALE TUSCAN VEGETABLES
<b>MONDAY 8</b> VEGETABLE & CHEESE FRITTATA HOME FRIES STEWED TOMATOES	<b>TUESDAY 9</b> ZITI BOLOGNESE BROCCOLI FLORETS TOSSED SALAD	<b>WEDNESDAY 10</b> LEMON CHICKEN PARSLIED COUSCOUS SPINACH	<b>THURSDAY 11</b> SOLE QREGANATA BAKED SWEET POTATO BRUSSEL SPROUTS	<b>FRIDAY 12</b> BAKED PORK CUTLET HARVARD BEETS GREEN CABBAGE
<b>MONDAY 15</b> SALSBURY STEAK TATER TOTS VEGETABLE MEDLEY	<b>TUESDAY 16</b> ROAST TURKEY BAKED SWEET POTATOES GREEN BEANS	<b>WEDNESDAY 17</b> MINI MEATBALL WEDGE TOMATO SAUCE SALAD	<b>THURSDAY 18</b> CHICKEN CHOW MEIN BROWN RICE ORENTIAL VEGETABLES	<b>FRIDAY 19</b> SPINACH QUICHE ROASTED POTATOES GLAZED CARROTS
<b>MONDAY 22</b> STUFFED PEPPERS MASHED POTATOES SPINACH	<b>TUESDAY 23</b> ITALIAN CHICKEN SAUSAGE PESTO PASTA TUSCAN VEGETABLES TOMATO SOUP	<b>WEDNESDAY 24</b> BRISKET POTATO PANCAKES CARROT TZIMMES	<b>THURSDAY 25</b> LASAGNA TOMATO SAUCE TOSSED SALAD	<b>FRIDAY 26</b> BAKED CHICKEN SUCCOTASH COLLARD GREENS
<b>MONDAY 29</b> BAKED FISH BUTTERED GRITS GREEN BEANS	<b>TUESDAY 30</b> CHEF SALAD			660 White Plains Road Eastchester, NY 10709 Information and Reservations Call: 914-337-0390 <a href="mailto:seniors@eastchester.org">seniors@eastchester.org</a>

Funded by the Town of Eastchester, Westchester County Department of Senior Programs and Services, New York State Office for Aging and the U.S. Administration on Aging.  
 Suggested voluntary contribution: Residents \$3.00, Non-Residents \$4.00. Contributions are made anonymously. No one 60 years or older is denied lunch due to inability to pay.  
 If you are unable to meet the suggested amount, we ask that you contribute whatever amount you feel you can afford.  
 All contributions go directly back into the nutritional program to help pay for meals and other meal program expenses

