

APRIL 2019 MENU

All participants are asked to PLEASE donate \$1.00 dollar per meal to help offset program operating cost.

PLEASE DO NOT FORGET to reserve your meal(s) with two days in advance. If you cannot come into Heritage Hall Senior Center, please call 713-675-4487. Remember a meal is a terrible thing to waste!



Thank you kindly, Elizabeth Flores, Director



Monday 4/1/2019	Tuesday 4/2/2019	Wednesday 4/3/2019	Thursday 4/4/2019	LENT Friday 4/5/2019
Salisbury Beef Onion Gravy Garlic Whipped Potatoes Mixed Vegetables Wheat Bread Fresh Orange Milk	Turkey Noodle Casserole* Squash Medley Country Tomatoes Wheat Bread Fresh Banana Milk	Hamburger Patty Shredded Lettuce/Pickles Ranch Beans Hamburger Bun Apple Cobbler Milk Mustard and Ketchup	Chicken Breast w/Gravy Scalloped Potatoes Cabbage Cornbread Sugar Cookie Milk Margarine	Italian Shells & Cheese Herbed Green Peas Dilled Carrots Dinner Roll Chocolate Pudding Milk
Monday 4/8/2019	Tuesday 4/9/2019	Wednesday 4/10/2019	Thursday 4/11/2019	LENT Friday 4/12/2019
Marinara Chicken Meatballs Parslied Penne Pasta Italian Vegetables Wheat Bread Fresh Fruit Milk	Beef Burgundy Oven Roasted Potatoes Broccoli and Carrots Texas Bread Fresh Fruit Milk	Turkey Pastrami* Swiss Cheese Lettuce and Tomato Potato Salad Wheat Bread (2) Fig Bar Milk Mustard	Beef Chili with Beans Chuckwagon Corn Diced Beets Saltine Crackers Fresh Fruit Milk	Potato Crusted Fish Parslied Rice Green Beans with Onions Wheat Bread Oreo Vanilla Pudding Milk Tartar Sauce
Monday 4/15/2019	Tuesday 4/16/2019	Wednesday 4/17/2019	Thursday 4/18/2019	Friday 4/19/2019
Meatloaf Brown Gravy Twice Whipped Potatoes Peas and Carrots Wheat Bread Fresh Fruit Milk Margarine	Cranberry Chicken Breast Macaroni and Cheese Brussels Sprouts Wheat Bread Fresh Banana Milk	Mushroom Beef Country Corn Broccoli Dinner Roll Pound Cake Milk	Glazed Ham+ Whipped Potatoes Green Beans Almandine Dinner Roll White Cake Strawberry Frosting Milk	Good Friday CENTER CLOSED
Monday 4/22/2019	Tuesday 4/23/2019	Wednesday 4/24/2019	Thursday 4/25/2019	Friday 4/26/2019
Turkey Tetrazzini* Green Beans Squash Medley Whole Wheat Breadstick Fresh Fruit Milk	Lemon Pepper Fish Black-Eyed Peas Diced Beets Wheat Roll Oatmeal Cream Cookie Milk	Smoked Sausage*+ Lima Beans Okra and Tomatoes Cornbread Fresh Fruit Milk Margarine	Sloppy Joe Tater Gems Spring Vegetables Hamburger Bun Gingerbread Cookie Milk	Balsamic Chicken Breast Dirty Rice Spinach Texas Bread Fresh Banana Milk
Monday 4/29/2019	Tuesday 4/30/2019			
Rosemary Beef Ranch Whipped Potatoes Oregano Broccoli Texas Bread Fresh Fruit Milk	Sesame Diced Chicken Oriental Rice Japanese Vegetables Wheat Bread Cinnamon Swirl Pudding Milk			