

Elderhaus and Mindset April 2024 Menu

Monday	Tuesday	Wednesday	Thursday	Friday
1	2	3	4	5
Breakfast: Hard Boiled Egg WW Toast (WGR) Mandarin Oranges; Milk Lunch: Baked Ham Au Gratin Potatoes Asparagus, Roll Pears Milk Snack Creation: Dried Fruit and Cereal Mix	Breakfast: Cold Cereal (variety) WW Toast (WGR) Tropical Fruit, Milk Lunch: Chicken Soft Tacos Whipped Sweet Potatoes with Green Chilies and Sour Cream Pineapple, Milk Snack: Juice and Yogurt	Breakfast: WW French Toast (WGR) Fresh Fruit Milk Lunch: Tuna Salad Sandwich Cole Slaw ½ Banana Milk Snack: Cottage Cheese and Pineapple	Breakfast: Baked Oatmeal WW Toast (WGR) Mandarin Oranges; Milk Lunch: Lemon Chicken & Orzo Sweet Kale Salad Roll Fresh Fruit Milk Snack Creation: Curried Chicken Wrap	Breakfast: WW Pancakes(WGR) ½ Banana Milk Lunch: Cowboy Pasta Salad w/ Ground Beef Roll Baked Apples Milk Snack: Crackers and Cheese Stick
8	9	10	11	12
Breakfast: WW Pancakes(WGR) ½ Banana Milk Lunch: Strawberry Chicken Cobb Salad Roll Milk Snack Creation: Caprese Bruschetta	Breakfast: Scrambled Eggs WW Toast (WGR) Fresh Fruit, Milk Lunch: Smothered Burrito w/ Ground Beef Seasoned Black Beans Apricots Milk Snack: Cottage Cheese and Pineapple	Breakfast: WW French Toast (WGR) Fresh Fruit Milk Lunch: Roast Pork Loin w/ Brown Gravy Corn Bread, Peas Baked Apple Slices Milk Snack Creation: Corny Salsa W/ Tortilla Chips	Breakfast: Cold Cereal (variety) WW Toast (WGR) Fresh Fruit Milk Lunch: Chicken Gnocchi Soup Side Salad w/ Tomato Roll Fresh Fruit, Milk Snack: Animal Crackers w/ Berry Nut Butter	Breakfast: Cream of Wheat WW Toast (WGR) Peaches, Milk Lunch: Stuffed Pepper Soup w/ Ground Beef Roll Fresh Fruit, Milk Snack: Peanut Butter and Banana Roll Up
15	16	17	18	19
Breakfast: WW French Toast (WGR) Peaches, Milk Lunch: Popcorn Chicken Mashed Potatoes w/ Gravy Corn, Roll Pears, Milk Snack Creation: Bean and Cheese Tostada	Breakfast: Peachy Oatmeal Bake WW Toast (WGR) ½ Banana, Milk Lunch: Maple Mustard Pork Loin Glazed Carrots Roll, Apple Sauce Milk Snack: Muffin and Milk	Breakfast: Cold Cereal (variety) WW Toast (WGR) Tropical Fruit, Milk Lunch: Tator Tot Casserole w/ Ground Beef Peas, Roll Peaches, Milk Snack: Cheese Stick and Crackers	Breakfast: WW Pancakes(WGR) ½ Banana Milk Lunch: Chicken Chipotle Cream Picado w/ Rice Refried Beans Fruit Cocktail, Milk Snack Creation: Fresh Veggie Wraps	Breakfast: Hard Boiled Egg WW Toast (WGR) Fresh Fruit, Milk Lunch: Creole Burger on Bun French Fries Apricots, Milk Snack: Yogurt and Fruit
22	23	24	25	26
Breakfast: Cold Cereal (variety) WW Toast (WGR) Fruit Cocktail Milk Lunch: Cheesy Chili Hash brown Bake w/ Ground Beef Chuck wagon Corn Roll, Pears, Milk Snack Creation: Fruited Chicken Salad and Crackers	Breakfast: WW Pancakes (WGR) Cinnamon Apple Slices Milk Lunch: Bratwurst w/ Bun Baked Beans Apricots Milk Snack: Cucumber Slices and Grapes	Breakfast: Scrambled Eggs WW Toast (WGR) Tropical Fruit Milk Lunch: Creamy Mushroom Pork Roast w/ Fettuccini Side Salad with Cucumbers, Milk Snack: Peanut Butter and Banana Roll Up	Breakfast: WW French Toast (WGR) Applesauce Milk Lunch: Beef and Bean Tostada w/ Ground Beef, Lettuce and Tomato Topping Tropical Fruit Milk Snack Creation: Dried Fruit and Cereal Mix	Breakfast: Oatmeal WW Toast (WGR) Pears Milk Lunch: Lemony Chicken W/ Potatoes and Feta Cheese, Roll Fresh Fruit, Milk Snack: Cottage Cheese and Mandarin Oranges
29	30			
Breakfast: Baked Oatmeal WW Toast (WGR) Peaches, Milk Lunch: Tomato N Beef Casserole w/ Polenta Crust, Side Salad w/ Cucumbers, Roll Mandarin Oranges, Milk Snack Creation: Fruit and Yogurt Parfait	Breakfast: WW French Toast (WGR) Fresh Fruit, Milk Lunch: Tikka Masala Chicken w/ Seasoned Rice Broccoli Normandy Pears, Milk Snack: Juice and Muffin			Rolls or bread are served with lunch daily. Whole Grain (WGR) Requirement is served at Breakfast Daily. 1% unflavored Milk served daily at breakfast and lunch