




APRIL 2019



Lunch Reservations:

**Please call the Cheshire Senior Center Transportation Office
203-272-0047 two days in advance by 11:00 a.m.**

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
1	2 Cream of carrot soup/crx Hungarian goulash Roasted potato Peas Wheat dinner roll peaches	3 Spaghetti / clam sauce Broccoli/cauliflower Garlic bread Grape juice Tapioca pudding/ topping	4 Pork loin/gravy Mashed potato Mixed vegetables Rye bread Applesauce Yogurt parfait	5 Fish taco Spinach Corn bread Apple juice brownie
8 	9 Turkey/gravy Stuffing Broccoli Wheat bread Apple juice Chocolate chip cookie	10 Vegetable lasagna rollup Spinach Parm cheese Italian bread Fresh fruit	11 Chicken orzo soup Herb baked chicken Macaroni and cheese Bean blend Rye bread Fruit cocktail	12 Bean burrito Yellow rice /peas Mexicali corn Corn bread pineapple
15	16 Lentil soup/crx Chef salad(turkey,cheese Hard cooked egg,tomato Cucumber,lettuce French dressing Multigrain bread Apple slices	17 Stuffed salmon/rosemary cream sauce Wild & brown rice pilaf Scandanavian blend Pumpnickel dinner roll Pineapple juice Lemon cake	18 EASTER SPECIAL Glazed ham Sweet potato pone Green beans Rye bread Grape juice Hot cross buns	19 Senior Center Closed in Observance of Good Friday
22 	23 Sweet and sour pork Brown rice Oriental blend Rye bread Mandarin oranges	24 Cheese baked ziti Parm cheese Salad/ cucumber/ranch Italian bread Fresh fruit	25 Senior Center Closed The Annual Volunteer Luncheon & Ceremony	26 Baked fish/paprika/lemon Yucca Green beans Biscuit Fruit cocktail
29 Senior Center C.H.A.T. Program LUNCH AND LEARN "Living with COPD" Registration is required by April 22	30 Unstuffed cabbage Rice Glazed carrots Wheat dinner roll apricots		Suggested donation is \$3.00 per meal	



NEW OPPORTUNITIES, INC.
Building Relationships to End Poverty

Elder Services /Senior Nutrition
Central Naugatuck Valley Region: 203-757-7738
Suggested donation is \$3.00 per meal

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Website: www.newoppinc.org
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