

Sylvania Senior Center Lunch Menu

April 2019

Lunch is served 11:30 am - 12:15 pm Donation : \$2.50 ages 60+ / \$5.62 under 60 years of age.
 Reservation by NOON the day before you wish to eat. Call 419.885.3913 to make reservations.

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
1	2	3	4	5
A= SALISBURY STEAK & GRAVY B= HONEY MUSTARD CHICKEN BUTTERMILK POTATOES GREEN BEANS WHEAT BREAD/MARGARINE FRESH FRUIT MILK DIET - SAME	A= HAM MACARONI SALAD B= SAVORY BEEF PATTY SPINACH ZUCCHINI BREADSTICK/MARGARINE FRUIT COCKTAIL MILK DIET - SAME	A= CREAMY PAPRIKA CHICKEN B= TURKEY BREAST with GRAVY MACARONI & CHEESE ITALIAN VEGETABLES MULTI GRAIN BREAD/MARGARINE FRUITED GELATIN MILK DIET - FRUITED GELATIN	A= GLAZED HAM B= BAKED CHICKEN BREAST/GRAVY SUCCOTASH GLAZED CARROTS CORNBREAD/MARGARINE FRESH FRUIT MILK DIET - SAME	A= LASAGNA CASSEROLE B= SPINACH LASAGNA GREEN PEAS MIXED GREEN SALAD TEXAS BREAD/MARGARINE APPLE CRISP MILK DIET - HOT APPLE SLICES
8	9	10	11	12
A= SAUSAGE with ONIONS & PEPPERS B= PULLED CHICKEN with ONIONS & PEPPERS SAUERKRAUT SPRING VEGETABLES HOT DOG BUN FRESH FRUIT MILK DIET - SAME	A=BAKED CHICKEN BREAST IN TOMATO BASIL B= SPANISH BEEF PATTY BAKED POTATO/SOUR CREAM BROCCOLI WHEAT BREAD/MARGARINE ORANGE CAKE MILK DIET - ANGEL CAKE	A= CREOLE CHICKEN B= ROAST BEEF & GRAVY WHIPPED POTATOES GLAZED CARROTS WHEAT BREAD/MARGARINE FRESH FRUIT MILK DIET - SAME	A= BROCCOLI HAM STRATA B= CHICKEN NOODLE CASSEROLE OVEN ROASTED POTATOES ORANGE JUICE BISCUIT/MARGARINE/JELLY APPLE RAISIN COMPOTE MILK DIET - SAME	A= BEEF & BOW TIE CASSEROLE B= BROCCOLI SPINACH QUICHE WHOLE KERNEL CORN GREEN BEANS DINNER ROLL/MARGARINE FRUITED GELATIN MILK DIET - FRUITED GELATIN
15	16	17	18	CLOSED GOOD FRIDAY
A= HONEY MUSTARD CHICKEN B= BEEF with MUSHROOM GRAVY WHIPPED SWEET POTATOES GREEN PEAS WHEAT BREAD/MARGARINE PEARS MILK DIET - SAME	A= HAMBURGER PATTY B= BBQ CHICKEN CRISPY CUBED POTATO SUCCOTASH HAMBURGER BUN FRESH FRUIT MILK DIET - SAME	A= HAMBURGER STEW B= LEMON PEPPER CHICKEN BROCCOLI AND CAULIFLOWER MIXED GREEN SALAD/ITALIAN DRESSING WHEAT BREAD/MARGARINE APPLE CRISP MILK DIET - HOT APPLES	A= PORK with SUPREME SAUCE B= VEAL MARSALA WHIPPED POTATOES SLICED CARROTS WHEAT BREAD/MARGARINE STRAWBERRY CAKE MILK DIET - ANGEL FOOD CAKE	
22	23	24	25	26
A= MEATLOAF & BROWN GRAVY B= PINEAPPLE CHICKEN CHEESY WHIPPED POTATOES GREEN BEANS DINNER ROLL/MARGARINE FRESH FRUIT MILK DIET - SAME	A= CHICKEN RICE CASSEROLE B= CREOLE STEAK BABY CARROTS BROCCOLI & CAULIFLOWER DINNER ROLL/MARGARINE BUTTERSCOTCH PUDDING MILK DIET - VANILLA PUDDING	A= BEEF TACO PIE B= CHILAQUILES CASSEROLE MEXICAN RICE STEWED TOMATOES TORTILLA/SOUR CREAM FRESH FRUIT MILK DIET - SAME	A= OVEN FRIED CHICKEN PATTY B= TURKEY HAM & WHITE BEANS BAKED SWEET POTATO MIXED VEGETABLES MULTI GRAIN BREAD/MARGARINE CHOCOLATE CHIP COOKIE MILK DIET - COOKIES	A= PORK ROAST B= TURKEY with SUPREME SAUCE GARDEN ROTINI COOKED CABBAGE WHEAT ROLL/MARGARINE PINEAPPLE TIDBITS MILK DIET - SAME
29	30			
A= BEEF CHILI B= VEGETARIAN CHILI BAKED POTATO/SOUR CREAM GREEN PEAS BREADSTICK/MARGARINE PEARS MILK DIET - SAME	A= BBQ RIB PATTY B= HAMBURGER PATTY MACARONI & CHEESE SPINACH HAMBURGER BUN FRUIT COCKTAIL MILK DIET - SAME			