

Senior Meals and Services	Noon Meal Calendar For Espresso Café - Cando Call 968-3809 The Day Prior for Reservation				Month of April 2025
MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	
	Garlic Toast 1	2	3	Bread 4 Potato Chive Crusted Cod Cheesy Hashbrowns Savory Carrots Cinnamon Applesauce	
Bun 7 Roast Beef/Swiss Cheese Sandwich Beets Mixed Fruit Cobbler	Onion Roll 8 Honey Apple Pork Loin Macaroni & Cheese Herbed Green Beans Fresh Grapes	LS = low sodium Salad: tossed, fruit, coleslaw, potato, macaroni w/peas 9		10 Bread 11 Tuna Noodle Hotdish Seasoned Peas House Salad Apple Crisp	
English Muffin 14 Eggs Benedict Casserole Hollandaise Sauce Roasted Potatoes Cottage Cheese w/Fruit	Egg Roll 15 Chicken Chow Mein Rice Oriental Blend Vegies Ambrosia	Menus subject to change upon availability 16		17 Breadstick 18 Baked Fish with Garlic Butter Sauce Lemon Dill Orzo Seasoned Zucchini Mandarin Oranges	
Dinner Roll 21 Swiss Steak Seasoned Egg Noodles Cheesy Vegetables Strawberries	Garlic Toast 22 Beef Stroganoff Green Beans Peaches & Cream	23		24 Tortillas 25 Fish Tacos Coleslaw Pico de Gallo Corn Blueberry Cobbler	
Biscuit 28 Beef Stew House Salad/Dressing Fruit Cocktail	Bread 29 Turkey Almondine Mashed Potatoes Corn Pears	30		May 1 Bread 2 Herb Roasted Salmon Baked Potato Lemon Asparagus Fresh Fruit	
Older Americans Act federal regulations require individuals 60 and older to complete an annual registration in order to participate in the Congregate Meals Program, or a semi-annual registration to participate in the Home-Delivered Meals Program. You will be notified when it is time to update.				Age 60 and over: Suggested Contribution Congregate and Home Delivered Meals Is \$5.00. Contribute as you are able. Those under 60 or who do not complete a registration form must pay \$14.79 per meal.	