

APRIL 2019 MENU

Senior Lunch at Corte Madera Community Center Thursdays at Noon



Age 60+: \$3.00 Suggested Donation

No older adult turned away for lack of funds.

APR 04

Quiche Florentine

(Vegetarian - Spinach & Onion)

Garden Salad with Carrots, Tomato,

Cucumbers & Ranch Dressing+*

Whole Wheat Baguette Slice & Butter

Fresh Fruit Salad++

APR 11

Lasagna (ground turkey)

Baguette Slice with Butter

Spinach Salad with Cucumbers,

Tomatoes & Vinaigrette

Seasonal Fresh Citrus+

APR 18

Meatloaf (Turkey) with Mushroom Gravy

Mashed Potatoes+

Braised Red Cabbage+

Whole Wheat Bread

Seasonal Fresh Fruit

NO SALAD

APR 25

Hearty Vegetarian Chili (vegan)+

Brown Rice

Mixed Green Salad++ w/ Red Onion,

Cucumber & Tomatoes w/ Vinaigrette

Seasonal Fresh Fruit

Organic Lunch Prepared by Good Earth Natural Foods.

Menu is subject to change without notice.

All meals include 1% Lowfat milk.

+denotes vitamin C-rich foods

***denotes vitamin A-rich foods**

The Older Americans Act sets the eligibility for nutrition services at 60 years of age or older. Program participation is not limited with regard to race, color, national origin, gender, sexual orientation, gender identity or disability. Funded in part by the Older Americans Act, administered locally by the APRin County Dept. of Health and Human Services, Aging & Adult Services.