




April 2022

Shoreline Lake Forest Park Senior Center - Hot Lunches

Monday	Tuesday	Wednesday	Thursday	Friday
<p>A \$4 donation suggested for seniors 60 and older. Persons under 60 can enjoy a meal for \$10. Milk available</p>	<p>Volunteer Appreciation Month Thanks to all of you who give your time and energy to dinning services and the lunch program. Can't do it without you !</p>			<p>Mushroom-Smothered Pork Chop Baked Potato w/ Sour cream and Chives Roll Mixed Vegetables Melon, Dessert</p>
4	5	6	7	8
<p>Ham with Fruit Glaze Au Gratin Potatoes Mixed Vegetables Roll Carrot Raisin Salad Apricots Dessert</p>	<p>French Wine Chicken Stew with Potato, Tomato, Onions Salad Bread with Butter Fruit Dessert</p>	<p>Tomato Soup Hot Dog on a Bun (Condiments) 4-bean marinated Salad Pineapple Dessert</p>	<p>Chinese Chicken Chop Suey with Vegetables and Soft Wheat Noodles Citrus Fruit Salad Dessert</p>	<p>Tuna Salad on a Bed of Lettuce, Tomato, Onion, Egg, Olives Macaroni Clam Chowder Crackers Fruit Dessert</p>
11	12	13	14	15
<p>Tortellini with Pesto Cream Mixed Green Salad with Dressing Mixed Vegetables Roll with Butter Applesauce Dessert</p>	<p>Creamed Turkey with Biscuit Seasoned Broccoli with red peppers Fruit Salad Dessert</p>	<p>BBQ Pulled Pork Mashed Potatoes Marinated Vegetable Salad Orange Dessert</p>	<p>Seafood Newburg Steamed Rice Herb Glazed Carrots Tossed Salad with Dressing & Croutons Fruit Dessert</p>	<p>Krab cakes Tartar Sauce Green Beans with Almonds Cottage Fries Mixed Melons, Dessert Passover Begins Good Friday</p>
18	19	20	21	22
<p>Italian Roast Beef Garlic Mashed Potatoes Carrots w/red peppers Salad with dressing Mixed Fruit Salad Dessert Easter Monday</p>	<p>Cheeseburger Bun w/Lettuce, Tomato, and Ketchup, Pickles Cabbage Salad Roasted Potatoes Mixed Berries Dessert</p>	<p>Chicken with Spanish Rice Mexican Chopped Salad with honey Lime Dressing Roll Banana Dessert</p>	<p>Shepherd's Pie Carrot Raisin Salad with Cranberries Pineapple Roll with Butter Dessert</p>	<p>Reuben Sandwich & Beet Borscht Soup Potato Salad Oranges Dessert Earth Day 🌍</p>
25	26	27	28	29
<p>Hot Meatloaf Sandwich with Gravy Mashed Potatoes Corn Succotash Citrus Fruit Salad Dessert</p>	<p>BLT with Turkey Navy Bean Soup Crackers Peaches Dessert</p>	<p>Buttermilk Chicken Brown Rice Steamed Broccoli Fruit Roll with Butter Dessert</p>	<p>Roast Pork Couscous Beets Cucumber Salad Pita Bread Baked Apple Dessert</p>	<p>Steak-Stuffed Baked Potato Fresh Vegetable Sauté Fruit Dessert</p>