



April Menu

EVERYTABLE

The Home Delivered Meal Program is funded in part by the Area Agency on Aging, Region One, Inc.

Fruit and Milk Served Daily

Monday	Tuesday	Wednesday	Thursday	Friday
		1-Apr	2-Apr	3-Apr
		Country Style Pulled Pork (Cerdo), Broccoli, Roasted Peppers and Onions, Whole Grain Rotini	Tofu Yakisoba Roasted Sweet Potatoes Edamame Whole Grain Yakisoba Noodles	Lemon Maple Salmon (Pescado), Carrots, Zucchini, Brown Rice
6-Apr	7-Apr	8-Apr	9-Apr	10-Apr
Cold Meal	Lemon Pepper Chicken (Pollo) Salad Spinach Lettuce Red Cabbage Ciabatta	Beef Picadillo (Carne) con Arroz Roasted Peppers & Onions Peas Brown Rice	Roasted Lemon Dill Chicken (Pollo) Spinach Roasted Potatoes Couscous	Cauliflower Romesco (Tofu + Chickpeas) Cauliflower Rice Tomatoes, red peppers, (romesco sauce), Quinoa
13-Apr	14-Apr	15-Apr	16-Apr	17-Apr
Cold Meal	Chicken Enchilada Bowl (Pollo), Corn, Black Beans Whole Grain Tortilla	Tofu Buddha Bowl (Tofu) Pickled Red Cabbage Edamame	Lemon Maple Salmon (Salmon) Carrots Zucchini	BBQ Chicken Salad (Pollo) Romaine Lettuce Cabbage
20-Apr	Ciabatta	22-Apr	23-Apr	24-Apr
Cold Meal	Beef (Carne) Taco Salad Romaine Lettuce Carrots	Pesto Chicken (Pollo) Plate, Roma Tomatoes, Spinach, Whole Wheat Couscous	Turkey (Pavo) Taco Bowl w/Corn, Roasted Peppers & Onions, Brown Rice	Tofu Yakisoba Roasted Sweet Potatoes Edamame Whole Grain Yakisoba Noodles
27-Apr	28-Apr	29-Apr	30-Apr	
Cold Meal	Beef (Carne) Meatball Pasta Marinara Zucchini Whole Grain Rotini	Lemon Herb Baked Cod (Pescado) with Couscous Chickpeas Red Cabbage Couscous	Lemon Pepper Chicken (Pollo) + Vegetables Spinach Broccoli Carrots	