

| April 2019 | | POPE COUNTY SENIOR WELLNESS & ACTIVITY CENTER | | | CONGREGATE MENU | | | | |
|--|--|--|--|---|------------------------|--|--|--|--|
| Monday | | Tuesday | | Wednesday | | Thursday | | Friday | |
| 1 Stuffed Baked Potato w/Sautéed Vegetables & Diced Ham Side Salad Garlic Cheese Stick Lemon Raspberry Tart | | 2 Hamburger Lettuce, Tomato, Pickle Onion Rings Baked Beans Jell-O & Fruit Cup | | 3 Sweet & Sour Chicken Over Fried Rice Stir Fry Vegetables Egg Roll Mandarin Oranges | | 4 Chicken Fried Chicken Mashed Potatoes Country Gravy Sweet Carrots Wheat Roll Fluffy Pink Stuff | | 5 Fried Bologna or Tuna on White Lettuce, Tomato, Pickle Ruffles Potato Chips Vegetable Soup Fruit Cup | |
| 8 Breaded Baked Cod or Breaded Chicken Breast over Rice a Roni San Francisco Vegetable Bavarian Pretzel Bread Pudding Parfait | | 9 Spaghetti & Meat Sauce Italian Green Beans Garlic Toast Chilled Pears Cookie | | 10 BBQ Pork Spareribs Twice Baked Potatoes Corn Casserole Texas Toast Sliced Peaches | | 11 15 Bean Soup w/Ham Baked Diced Potatoes Cabbage & Carrots Regular or Mexican Cornbread Chocolate Cake | | 12 Homemade Chili w/Cheese & Onions Fritos or Crackers Side Salad Sherbet | |
| 15 Beef & Bean Burrito w/Chili Sauce over Spanish Rice Mexican Corn Tortilla Chips/Sour Cream Chimichanga Cheesecake & Ice cream cup | | 16 Breaded Chicken on a Bun Lettuce, Tomato, Pickle Sweet Potato Fries Coleslaw Brown Sugar Apples | | 17 Marinated Pork Roast Mashed Potatoes Pork Gravy Green Beans w/Onion White Roll Coconut Cream Pie | | 18 Chicken Spaghetti Catalina Vegetable Garlic Cheese Biscuit Chocolate Mocha Cake w/ Coffee Whipped Frosting | | 19 Beef Tip Pot Pie Steamed Spinach Buttery Biscuit Blueberry Delight | |
| 22 Chicken Fried Steak Mashed Potatoes Country Gravy Pacific Vegetables Wheat Roll Banana Pudding | | 23 BBQ Rib Patties or Chicken Tenders Macaroni & Cheese Field Peas Cornbread Deluxe Fruit | | 24 Turkey & Dressing Sweet Potato Casserole Green Beans w/Onion White Roll Cranberry Up-Side Down Cake | | 25 Homemade Meatloaf Mashed Potatoes Brown Gravy Succotash Wheat Roll Applesauce | | 26 Breakfast Casserole Biscuits & Gravy Bacon Assorted Juice Danish | |
| 29 Hamburger Steak w/ Mushrooms, Peppers & Onions Mashed Potatoes/Gravy Roasted Cauliflower Wheat Roll Tropical Fruit | | 30 Chicken Livers or Popcorn Chicken Mashed Potatoes Country Gravy Green Peas Wheat Roll Peach Cobbler | | | | | | | |