

# Pope County Senior Wellness & Activity Center

## Congregate Menu

### MONDAY

### TUESDAY

### WEDNESDAY

### THURSDAY

### FRIDAY

**1**  
Ranch Chicken  
Garlic Butter Rice  
Brussel Sprouts  
Garlic Biscuit  
Lemon Berry Cake

**2**  
Hamburger Steak  
w/Peppers & Onions  
Mashed Potatoes/Gravy  
Fried Okra  
Wheat Roll  
Key Lime Pie

**3**  
Sweet N Sour Chicken  
Over Lomein Noodles  
Egg Roll  
Mandarin Vegetables  
Spiced Peaches

**4**  
Pinto Beans w/Ham  
Mixed Greens  
Fried Potatoes  
Buttermilk Cornbread  
Chocolate Cake

**7**  
Baked Tilapia  
Garden Rice  
Mixed Vegetables  
Wheat Roll  
Tropical Fruit

**8**  
Turkey & Swiss  
Lettuce & Tomato  
Creamy Tomato Soup  
Pasta Salad  
Chocolate Chip  
Cookies

**9**  
Swedish Meatballs  
w/Gravy over Egg  
Noodles  
Normandy Blend  
Vegetables  
Wheat Roll  
Donuts

**10**  
Oven Fried Chicken  
Baked Sweet Potato  
Green Beans  
Dinner Roll  
Chocolate Pie

**11**  
Stuffed Bell Peppers  
over White Rice  
Antiqua Vegetables  
Wheat Roll  
Lemon Bars

**14**  
Chicken Fried Steak  
Mashed Potatoes/Gravy  
Carrots  
White Roll  
Vanilla Pudding

**15**  
Scrambled Eggs  
French Toast w/Syrup  
Bacon or Sausage  
Hashbrown  
Mandarin Oranges

**16**  
Golden Breaded Chicken  
Breast  
Creamy Chicken  
Noodles  
Broccoli  
Bread Stick  
Banana Pudding

**17**  
Homemade Meatloaf  
Parsley Red Potatoes  
Green Beans  
Wheat Roll  
Apple Cobbler

**18**  
Grilled Smoked Sausage  
on Bun  
Saurekraut  
Pea Salad  
Pineapples

**21**  
Chicken Spaghetti  
Chuckwagon Corn  
Cheese Filled Bread Stick  
Lemon Pie

**22**  
Cheeseburger w/ Lett,  
Tom, Pickle, Onion  
Tater Babies  
Baked Beans  
Pudding Parfait

**23**  
Chili Dogs on Bun  
Coleslaw  
Tator Tots  
Cherry Cobbler

**24**  
Pork Chops  
Mashed Potatoes/Gravy  
Roasted Brussels  
Buttery Biscuit  
Applesauce Cake

**25**  
Fried Catfish  
Potato Salad  
Onion Rings  
Hush Puppies  
Pear Crisp

**28**  
Corn Dogs  
Waffle Fries  
Vegetable Salad  
Mixed Berries

**29**  
Sloppy Joes on Bun  
Corn Nuggets  
Carrot Raisin Salad  
Peaches/Cottage  
Cheese

**30**  
Chicken Tacos  
Lettuce, Tomato  
Guacamole, Salsa  
Black Beans & Corn  
Churro

# April 2025