Kimberly May, Food Service Specialist

## Lakeview Senior Center Hot Home Delivered Menu

Reservation and Cancellations must be made at least 2 business days in advance

## April 2014 Menu is subject to change without notice. New Spring Menu!

Please Contact: Meals on Wheels 949-724-6910

## Suggested Donation of \$5.00 per Meals Delivery

\*No senior is denied a meal due to inability to donate

Denotes Sodium Higher Than 2,400 for the day +Indicates Special Menu that has not been analyzed, sodium content may exceed 2,400 for that day	1 Mustard Herb Crusted Pork Loin Hot Potato Salad Seasoned Peas WW Roll Strawberries	2 Grilled Cheeseburger (Lettuce and Tomato) Seasoned Carrots Ranch Style Beans Ambrosia	3 Cheese Raviolis Primavera with Pesto Sauce Italian Vegetables Garlic Toast Cannoli with Dried Apricots	4 Herbed Tilapia Three Sisters Vegetable Bean Medley Green Rice Fresh Cut Fruit with Melons
7 Hearty Spanish Beef Soup Seasoned Corn Spanish Rice Corn Tortilla Fresh Banana	8 Oven Fried Chicken with Country Gravy Mashed Potatoes Seasoned Broccoli Peaches Cobbler	9 Grilled Soy Maple Salmon Patty Pineapple Fried Rice Red Pepper Succotash Fresh Cut Fruit with Melons	10 Turkey Pasta PrimaVera Streamed Broccoli WW Garlic Toast Pudding	11 Cheese Omelet Hashbrowns Potatoes Stewed Tomatoes Carrot Cake
14 Grilled Chicken with Pesto Sautéed Spinach Stewed Tomatoes Assorted Artisan Dinner Roll Apricots	Pork Tamale Orzo Rice Pilaf Sauteed Fresh Veggies with Kale Panna Cotta (Italian Custard)	16 Thai Beef Stir Fry Aromatic Jasmine Rice Stir-fry Vegetables Tropical Fruit Salad	17 Cornflake Crusted Cod Baked Potato with Sour Cream Carrots Corn Bread Fresh Cut Fruit with Melons	18 Cheese Tamale with Mild Sauce Black Beans Sautéed Cilantro Cabbage Churro with Strawberry Dip
21 Turkey Burrito topped with Green Sauce Pinto Beans Stewed Tomatoes Pudding	22 Open Faced Tuna Melt Creamed Corn and Kale Hot Potato Salad Pitted Prunes	23 Grilled Lemon Herb Chicken Steamed Barley with Raisins Seasoned Carrots Flat Bread/ Orange Juice Pears and Raspberries	24  Vegetable Lasagna Italian Green Beans Garlic Toast Fruit Parfait	25 Braised Beef in Red Wine Sauce Creamy Polenta Lemony Broccoli Fresh Cut Fruit Cup
28 Pan Fried Fish with Lemon Fresh Herb Pilaf Grilled Tomatoes Flat Bread Apricots and Almonds	29 BBQ Pork Steamed Brown And Red Rice Vegetable Sate Mango and Pineapple	30 Spinach and Swiss Quiche Seasoned Lentils Warm Applesauce Angel Food Cake	Sprin	ng