April 2013

Lafayette Senior Services

Eat, Meet 'N' Greet Café

Monday	Tuesday	Wednesday	Thursday	Friday
1 Lucky Penny Day	2	3	4	5
Smothered Beef and Bean Burrito Tossed Salad Orange Wedges Milk, 1% 8 Breaded Pork Chop Broccoli Broiled Tomato Half Spiced Applesauce	Herbed Pork Loin Baked Potato/ Sour Cream California Blend Vegetables Fruit Parfait Whole Wheat Roll Milk, 1% 9 Baked Chicken Parslied Potatoes Pea and Cauliflower Salad Oranges and Bananas	Turkey Tetrazzini Southwest Blend Vegetables Oranges and Grapes Whole Wheat Roll Milk, 1% 10 Beef Lasagna Italian Vegetables Garlic Bread Fresh Fruit Salad	Beef Stew Spinach Salad Homemade Ranch Dressing Fruit Compote Whole Wheat Roll Milk, 1% 11 Roast Turkey Turkey Gravy Mashed Potatoes Green Beans	Fish Almondine Rice Pilaf Glazed Carrots Fresh Pear Whole Wheat Roll Milk 1% 12 Baked Tilapia Potatoes O'Brien Green Peas Tossed Salad
Whole Wheat Roll Milk, 1%	Whole Wheat Roll Milk, 1%	Milk, 1%	Apple Slices Whole Wheat Roll Milk, 1%	Nut Cup Milk 1%
Beef Cabbage Rolls Wax Beans Under the Sea Salad Apricots Whole Wheat Roll Milk, 1%	16 Oven Fried Chicken Mashed Potatoes California Blend Vegetables Fresh Orange Whole Wheat Roll Milk, 1%	Potluck At Josephine Commons (The nutrition meal will not be served) Join Your Friends Bring a Dish to Share And Enjoy the Entertainment	Tore's Meatloaf Mashed Potatoes Beef Gravy Harvard Beets Almond Peaches Whole Wheat Roll Milk, 1%	Hot Turkey Sandwich Mashed Potatoes Scandinavian Vegetables Cranberry Gelatin Salad Fresh Banana Milk, 1%
22 Earth Day Crunchy Fish Roasted New Potatoes Apple Glazed Carrots Creamy Coleslaw Whole Wheat Roll Lemon Slices Milk 1%	23 Beef Pot Pie with Biscuit Topping Acorn Squash Tossed Salad Cherry Crisp Milk, 1%	24 Roast Pork Gravy Sweet Potatoes Mixed Vegetables Grapes Milk, 1%	25 Turkey Turkey Gravy Roasted Red Potatoes Brussel Sprouts Whole Wheat Roll Bananas and Oranges Milk 1%	26 Cheese Stuffed Chicken Baked Potato Asparagus Canned Pears Multigrain Bread Milk 1%
Roast Beef Mashed Potatoes Beef Gravy Broccoli and Carrots Canned Peaches Whole Wheat Roll Milk 1%	Baked Lemon Fish Tartar Sauce Rice Pilaf Mixed Vegetables Whole Wheat Roll Fresh Fruit Cup Milk, 1%	Please make your reservation no later than 1:00 pm, one day prior to the lunch you want to attend by calling the Lunch Reservation Line: 303-665-9052 X 1	Contact Lorna Beard, Resource Specialist 303-665-9052 ext 3 for resource needs & information!	Lunch is served Monday-Friday 12:00 Noon At Josephine Commons 455 N. Burlington Ave. Lafayette, CO Lori Wolf, Nutrition Coordinator