

# Connections AAA - Congregate

## April 2017

Monday		Tuesday		Wednesday		Thursday		Friday						
3	Homemade Meatloaf Tomato Gravy Whipped Potatoes Green Peas Wheat Bread Strawberry Applesauce Milk Coffee Margarine	0.5 CHO  1.5 CHO 1 CHO 1 CHO 1.5 CHO 1 CHO	4	Baked Chicken Breast Savory Apricot Sauce Whole Red Potatoes Parslied Carrots Wheat Roll Fresh Banana Milk Coffee Margarine	1 CHO 1 CHO 0.5 CHO 1 CHO 1.5 CHO 1 CHO	5	Beef Cabbage Casserole Seasoned Green Beans Multi Grain Bread Peach Cobbler Milk Coffee Margarine	1 CHO 0.5 CHO 1 CHO 2.5 CHO 1 CHO	6	Chicken Cacciatore Lima Beans Broccoli Wheat Bread Sliced Pears Milk Coffee Margarine	1 CHO  1 CHO 1.5 CHO 1 CHO	7	Tuna Noodle Casserole Italian Mixed Vegetables Cabbage Cinnamon Roll Coffee Milk Margarine	1.5 CHO 0.5 CHO  2 CHO  1 CHO
10	Roast Beef Brown Gravy Whipped Potatoes Mixed Vegetables Multi Grain Bread Birthday Cake Milk Coffee Margarine	  1 CHO 1 CHO 1 CHO 2 CHO 1 CHO	11	Potato Crusted Fish or Western Baked Beef Macaroni & Cheese Brussels Sprouts Wheat Bread Tropical Fruit Milk Coffee Margarine	1 CHO  1 CHO 0.5 CHO 1 CHO 2 CHO 1 CHO	12	Chicken Noodle Casserole Green Beans Stewed Tomatoes Dinner Roll Sugar Cookie Milk Coffee Margarine	1.5 CHO 0.5 CHO 0.5 CHO 1 CHO 1 CHO 1 CHO	13	<b>Easter</b> Breakfast Casserole Tri Tators Hot Spiced Apples Wheat Bread Cranberry Juice Milk Coffee Margarine	1 CHO 1 CHO 1 CHO 1 CHO 1 CHO 1 CHO	14	Vegetable Bean Stew Baked Potato Baby Carrots Spiced Pear Muffin Coffee Milk Margarine (2) Sour Cream	2 CHO 1.5 CHO 0.5 CHO 2 CHO  1 CHO
17	Spanish Beef Patty Mashed Red Potatoes Broccoli Wheat Roll Pineapple Tidbits Milk Coffee Margarine	1.5 CHO  1 CHO 1.5 CHO 1 CHO	18	Chicken A La King Carrots Stewed Tomatoes Biscuit Sliced Pears Milk Coffee Margarine	1 CHO 0.5 CHO 0.5 CHO 1.5 CHO 1.5 CHO 1 CHO	19	Pork Loin Supreme Sauce Buttered Rotini Harvard Beets Multi Grain Bread Chocolate Chip Cookie Milk Coffee Margarine	1.5 CHO 1.5 CHO 1 CHO 1.5 CHO 1 CHO	20	Turkey Breast Turkey Gravy Baked Sweet Potato Spring Vegetable Blend Multi Grain Bread Fruit Cocktail Milk Coffee Margarine	2 CHO  0.5 CHO 1.5 CHO 1 CHO	21	Beef Chili Baked Potato Tossed Salad Crackers Hot Cinnamon Applesauce Milk Coffee Margarine Sour Cream Ranch Dressing	1.5 CHO 1.5 CHO  0.5 CHO 1 CHO 1 CHO
24	BBQ Rib Patty Roasted Diced Potatoes Coleslaw Wheat Hamburger Bun Apple Cobbler Milk Coffee	1 CHO 1.5 CHO 0.5 CHO 1 CHO 2 CHO 1 CHO	25	Liver and Onions or Beef Patty with Onion Gravy Whipped Potatoes Green Beans Wheat Roll Peaches Milk Coffee Margarine	0.5 CHO  1.5 CHO 0.5 CHO 1 CHO 1 CHO 1 CHO	26	Turkey Ham and White Beans Spinach Whole Kernel Corn Dinner Roll Tropical Fruit Milk Coffee Margarine	1.5 CHO  1 CHO 1 CHO 2 CHO 1 CHO	27	Oven Fried Chicken Whipped Potatoes with Gravy Green Peas Wheat Bread Mandarin Oranges Milk Coffee Margarine	1 CHO 1.5 CHO 1 CHO 1 CHO 1 CHO	28	Salisbury Beef Mashed Red Potatoes Cabbage and Carrots Wheat Bread Fresh Banana Milk Coffee Margarine	0.5 CHO 1.5 CHO  1 CHO 1.5 CHO 1 CHO
<div><div></div><div>April</div><div></div></div>											<b>**MENU SUBJECT TO CHANGE WITHOUT NOTICE**</b>			
											<b>CHO denotes carbohydrate choices. 1 CHO = 15 grams of carbohydrates.</b>			

  
 Cassidy Rivers White, RD, LD