



# WCCS 7 Day Menu

April 2019

*Amy Houpey, CDM, CFPP, MBM*

Menus Subject to Change with Dietitian Approval

Morrow Center – 513-267-9045  
 Lebanon Center – 513-939-5189  
 Franklin Center – 937-545-6788  
 South Lebanon Center – 513-267-8293  
 741 Senior Center – 513-695-2257

## REMINDER:

If you are **NOT** going to be home to receive your HOME DELIVERED MEAL

**PLEASE CALL: 513-695-2256 Option 2,  
A DAY IN ADVANCE OR BY 8:00 a.m.**

### WEEK OF APRIL 1

MENU A:		MENU B:	
<b>MONDAY 4/1</b>		<b>MONDAY 4/1</b>	
Breakfast Casserole Hash Brown Potatoes Cinnamon Apples Biscuit / Margarine Fresh Fruit Milk		Creamed Chipped Beef Beets Seasoned Green Beans Biscuit / Margarine Fresh Fruit Milk	
<b>TUESDAY 4/2</b>		<b>TUESDAY 4/2</b>	
Beef Taco Filling Diced Tomatoes Chuckwagon Vegetables Tortilla Apple Pie / Diet Pie Milk		Chicken Stir Fry Vegetable Fried Rice Stir Fry Vegetables Tortilla Apple Pie / Diet Pie Milk	
<b>WEDNESDAY 4/3</b>		<b>WEDNESDAY 4/3</b>	
Beef Stroganoff Winter Blend Vegetables Sugar Snap Peas Tossed Salad / Dressing W/W Dinner Roll / Margarine. Milk		Crab Cake Rice Pilaf Capri Vegetables Tossed Salad / Dressing W/W Dinner Roll / Margarine Milk	
<b>THURSDAY 4/4</b>		<b>THURSDAY 4/4</b>	
Spaghetti And Meat Sauce Zucchini Mixed Vegetables Bread Stick / Margarine Pineapple Tidbits Milk		Italian Chicken Macaroni And Cheese Asparagus Bread Stick / Margarine Pineapple Tidbits Milk	
<b>FRIDAY 4/5</b>		<b>FRIDAY 4/5</b>	
Chicken And Rice Casserole Broccoli Capri Vegetables Corn Muffin / Margarine Fresh Fruit Milk		Ravioli / Marinara Yellow Squash Stir Fry Vegetables Corn Muffin / Margarine Fresh Fruit Milk	
<b>SATURDAY 4/6</b>		<b>SATURDAY 4/6</b>	
Chefs Surprise Dinner Roll / Margarine Fruit Milk		Chefs Surprise Dinner Roll / Margarine Fruit Milk	

### WEEK OF APRIL 7

MENU A:		MENU B:	
<b>SUNDAY 4/7</b>		<b>SUNDAY 4/7</b>	
Chefs Surprise Dinner Roll / Margarine Fruit Milk		Chefs Surprise Dinner Roll / Margarine Fruit Milk	
<b>MONDAY 4/8</b>		<b>MONDAY 4/8</b>	
Spaghetti And Meatballs Carrots Italian Green Beans Dinner Roll / Margarine Yogurt Milk		Chicken Fettuccini Alfredo Cauliflower Mixed Greens Dinner Roll / Margarine Yogurt Milk	
<b>TUESDAY 4/9</b>		<b>TUESDAY 4/9</b>	
Breaded Veal Broccoli Mixed Vegetables Mandarin Oranges Éclair / Angel Food Cake Milk		B.B.Q. Chicken Boneless Bites Wax Beans Roasted Peppers And Corn Mandarin Oranges Éclair / Angel Food Cake Milk	
<b>WEDNESDAY 4/10</b>		<b>WEDNESDAY 4/10</b>	
Sliced Turkey / Gravy Twice Baked Potato Brussel Sprouts Tossed Salad / Dressing W/W Dinner Roll / Margarine Milk		Beef And Macaroni Beets Golden Hominy Tossed Salad / Dressing W/W Dinner Roll / Margarine Milk	
<b>THURSDAY 4/11</b>		<b>THURSDAY 4/11</b>	
Kielbasa Mashed Potatoes Sauerkraut Dinner Roll / Margarine Peach Applesauce Milk		Sirloin Patty / Gravy Diced Potatoes Cream Corn Dinner Roll / Margarine. Peach Applesauce Milk	
<b>FRIDAY 4/12</b>		<b>FRIDAY 4/12</b>	
Country Fried Steak / Gravy Yellow Squash Broccoli Corn Muffin / Margarine Fresh Fruit Milk		Baked Fish Potato Wedges Peas And Carrots Corn Muffin / Margarine Fresh Fruit Milk	
<b>SATURDAY 4/13</b>		<b>SATURDAY 4/13</b>	
Chefs Surprise Dinner Roll / Margarine Fruit Milk		Chefs Surprise Dinner Roll / Margarine Fruit Milk	

**WEEK OF APRIL 14**

**MENU A:**

**MENU B:**

<b>SUNDAY 4/14</b>	<b>SUNDAY 4/14</b>
Chefs Surprise Dinner Roll / Margarine Fruit Milk	Chefs Surprise Dinner Roll / Margarine Fruit Milk

<b>MONDAY 4/15</b>	<b>MONDAY 4/15</b>
Meatloaf /Gravy Ranch Mashed Potatoes Seasoned Kale Cookies / S.F. Cookies Fresh Fruit Milk	Sausage And Apples. Peas Succotash Cookies / S.F. Cookies Fresh Fruit Milk

<b>TUESDAY 4/16</b>	<b>TUESDAY 4/16</b>
Chicken Noodle Soup Shaved Ham Croissant Three Bean Salad Tropical Fruit Milk	Chicken Noodle Soup Sliced Roast Beef Croissant Loaded Potato Salad Tropical Fruit Milk

<b>WEDNESDAY 4/17</b>	<b>WEDNESDAY 4/17</b>
Ham / Raisin Sauce Potato Medley Seasoned Green Beans Tossed Salad / Dressing W/W Dinner Roll / Margarine Milk	Grilled Salmon Scalloped Potatoes Capri Vegetables Tossed Salad / Dressing W/W Dinner Roll / Margarine Milk

<b>THURSDAY 4/18</b>	<b>THURSDAY 4/18</b>
Pot Roast / Gravy Baby Bakers Sliced Carrots Dinner Roll / Margarine Mixed Fruit Milk	Manicotti / Marinara Zucchini Peas And Onions Dinner Roll / Margarine Mixed Fruit Milk

<b>FRIDAY 4/19</b>	<b>FRIDAYDAY 4/19</b>
B.B.Q. Riblet / Hoagie Bun Potato Wedges Brussel Sprouts Fresh Fruit Milk	Steak Hoagie / Bun White Cheddar Macaroni Peas Fresh Fruit Milk

<b>SATURDAY 4/20</b>	<b>SATURDAY4/20</b>
Chefs Surprise Dinner Roll / Margarine Fruit Milk	Chefs Surprise Dinner Roll / Margarine Fruit Milk

**WEEK OF APRIL 21**

**MENU A:**

**MENU B:**

<b>SUNDAY 4/21</b>	<b>SUNDAY 4/21</b>
Chefs Surprise Dinner Roll / Margarine Fruit Milk	Chefs Surprise Dinner Roll / Margarine Fruit Milk

<b>MONDAY 4/22</b>	<b>MONDAY 4/22</b>
Beef Stew Spinach Chuckwagon Vegetables Biscuit / Margarine Diced Pears Milk	Sausage & Egg Patty Diced Potatoes Cinnamon Applesauce Biscuit / Margarine Diced Pears Milk

<b>TUESDAY 4/23</b>	<b>TUESDAY 4/23</b>
Chicken And Noodles Asparagus Wax Beans Dinner Roll / Margarine. Cheese Cake / Sponge Cake Milk	Stuffed Green Pepper Ranch Mashed Potatoes Broccoli Dinner Roll / Margarine. Cheese Cake / Sponge Cake Milk

<b>WEDNESDAY 4/24</b>	<b>WEDNESDAY 4/24</b>
Chicken Legs Twice Baked Potatoes Peas And Carrots Fresh Veggie / Ranch Dip W/W Dinner Roll / Margarine Milk	Breaded Pork Chop Yellow Squash Sugar Snap Peas Fresh Veggie / Ranch Dip W/W Dinner Roll / Margarine Milk

<b>THURSDAY 4/25</b>	<b>THURSDAY 4/25</b>
Swiss Steak Mashed Potatoes Mixed Vegetables Dinner Roll / Margarine Pineapple Tidbits Milk	Grilled Chicken / Gravy Butter Beans Mixed Greens Dinner Roll / Margarine Pineapple Tidbits Milk

<b>FRIDAY 4/26</b>	<b>FRIDAY 4/26</b>
Hamburger / Bun Baked Beans Criss Cut Potatoes Fresh Fruit Milk	Fish / Bun Potato Medley Stewed Tomatoes Fresh Fruit Milk

<b>SATRDAYDAY 4/27</b>	<b>SATURDAYDAY 4/27</b>
Chefs Surprise Dinner Roll / Margarine Fruit Milk	Chefs Surprise Dinner Roll / Margarine Fruit Milk

**WEEK OF APRIL 28**

**MENU A:**

**MENU B:**

<b>SUNDAY4/28</b>	<b>SUNDAY 4/28</b>
Chefs Surprise Dinner Roll / Margarine Fruit Milk	Chefs Surprise Dinner Roll / Margarine Fruit Milk

<b>MONAY 4/29</b>	<b>MONDAY 4/29</b>
Chicken Pot Pie Corn Soufflé Malibu Vegetables Dinner Roll / Margarine Strawberry Applesauce Milk	Beef And Noodles Cauliflower Peas And Carrots Dinner Roll / Margarine Strawberry Applesauce Milk

<b>TUESDAY 4/30</b>	<b>TUESDAY 4/30</b>
Lasagna Corn Mixed Vegetables Breadstick / Margarine. Cherry Pie / Diet Pie Milk	Teriyaki Chicken Vegetable Rice Kale Breadstick / Margarine. Cherry Pie / Diet Pie Milk