

April 2026

Meal Calendar

Dexter Senior Center



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
		1 Dijon Baked Salmon Wheat bread Seasoned black beans Malibu Veg Blend Peaches Low fat milk, Margarine	2 Beef Goulash Wheat bread California blend Tomatoes in sauce Apple Low fat milk. Margarine	3 Tuna Noodle Casserole Wheat bread Side salad Papaya and Mango FF Italian dressing Low fat milk, margarine
6 Chicken A La King Egg noodles Wheat bread Carrots Gala apple Low fat milk, Margarine	7 Meaty Spaghetti Broccoli Wheat bread Pineapple Low fat milk, Margarine	8 Beef Chili WW crackers Wheat bread Spinach salad Orange Low fat milk, Margarine FF Italian dressing	9 Turkey Barley Soup Side garden salad Wheat bread Papaya and Mango Low fat milk, Margarine	10 Lentil Bolognese Wheat rotini Wheat bread Green beans Tropical Fruit Low fat milk, Margarine
13 Chicken Fettucine Alfredo Wheat bread Prince Charles blend Peaches Low fat milk, Margarine	14 Pot Roast Roasted sweet potato Wheat bread California blend Gala apple Low fat milk, Margarine	15 White Bean Chicken Chili Crackers Side salad Orange Low fat milk FF Italian dressing	16 BBQ Chicken Breast Wheat bread Brown Rice Broccoli/Cauliflower Tomato/cuc salad Strawberry applesauce Low fat milk, Margarine	17 Beef Kafta Rolls Jasmine rice Trop fruit salad Roasted butternut squash Creamy herb sauce Low fat milk
20 Chicken Parmesean Green beans Wheat bread Apple Low fat milk, Margarine	21 Hamburger Stroganoff Peas and pearl onions Wheat bread Mixed fruit Low fat milk, Margarine	22 Oven Roasted Tilapia Citrus lentil rice Wheat bread Broccoli Apple Low fat milk, Margarine	23 Meatballs Brown rice Wheat bread Cauliflower Papaya/Mango Low fat milk, Margarine	24 Black Bean Burger Brown lentils Whole wheat bun Mixed veggies Pineapple Cilantro creme sauce Low fat milk
27 Cheesy Squash Chicken Bake Broccoli Wheat bread Apple Low fat milk, Margarine	28 Beef Barley Casserole Wheat bread Side salad, FF Italian Carrots Orange Low fat milk, Margarine	29 Dijon Baked Salmon Seasoned black beans Wheat bread Malibu Veg Blend Peaches Low fat milk, Margarine	30 Beef Goulash Wheat bread California blend Tomatoes in sauce Apple Low fat milk, Margarine	