

# April 2024 – Diabetic Menu

Mon	Tue	Wed	Thu	Fri
<b>1</b> Grilled Chicken Tenders Zucchini Green Beans Pea Salad Fruit Gelatin Seasonal Fruit	<b>2</b> Turkey & Cheese Steamed Cauliflower Broccoli Three Bean Salad Watergate Salad Seasonal Fruit	<b>3</b> Lemon Pepper Chicken Corn Green Beans Spinach Salad Blueberry Pudding Seasonal Fruit	<b>4</b> Meatloaf Baked Okra Vegetable Medley Wheat Roll Tossed Salad Seasonal Fruit	<b>5</b> Pork Loin Cabbage Black-Eyed Peas Vegetable Pasta Salad w/ Ranch Dressing Fancy Apple Salad Seasonal Fruit
<b>8</b> Chicken Stir-Fry w/ Red & Green Peppers Broccoli Green Beans Fruit Gelatin Seasonal Fruit Seasonal Fruit	<b>9</b> Salmon Patty Peas & Carrots Baked Okra Tartar Sauce Sliced Tomatoes & Cucumbers Seasonal Fruit	<b>10</b> Veal Parmesan Sautéed Mushrooms Vegetable Medley Italian Pasta Salad Applesauce Seasonal Fruit	<b>11</b> Chopped Steak Corn Green Beans Spinach Salad Fruit Gelatin Seasonal Fruit	<b>12</b> Grilled Chicken Sandwich Collard Greens Green Peas Wheat Bun / Mayo & Pickles Lettuce / Tomato Slice Seasonal Fruit
<b>15</b> Turkey Breast Stewed Tomatoes Broccoli Wheat Roll Applesauce Seasonal Fruit	<b>16</b> Baked Fish Vegetable Medley Green Beans Coleslaw Tropical Fruit Whip Seasonal Fruit	<b>17</b> Cuban Chicken Corn Zucchini Tomato & Cucumber Salad Seasonal Fruit Seasonal Fruit	<b>18</b> Chopped Steak Turnip Greens Mashed Potatoes * Carrot Raisin Salad Three Bean Salad Seasonal Fruit	<b>19</b> Roast Beef Cabbage Squash Medley Spinach Salad Applesauce Seasonal Fruit
<b>22</b> Pinto Beans Collard Greens Carrots Seasonal Fruit Cinnamon Pears Seasonal Fruit	<b>23</b> Chicken Salad Tomato Cucumber Salad Three Bean Salad Saltine Crackers Vanilla Pudding w/ Granola Seasonal Fruit	<b>24</b> Stuffed Peppers w/ Red Sauce Green Beans Carrots Italian Pasta Salad Fancy Apple Salad Seasonal Fruit	<b>25</b> Pulled Pork BBQ Vegetable Medley Broccoli Wheat Bun Coleslaw Seasonal Fruit	<b>26</b> Beef Tips Corn Collard Greens Tossed Salad Applesauce Fruit Gelatin
<b>29</b> Grilled Chicken Tenders Green Beans Steamed Cauliflower Marinated Tomatoes Seasonal Fruit Seasonal Fruit	<b>30</b> Hamburger Patty Corn Broccoli Wheat Bun / Mustard & Ketchup Lettuce / Tomato Slice Seasonal Fruit		▪ Rolls and breads are whole wheat ▪ Canned fruits are in 100% natural juice or water, not syrup ▪ Items with an asterisk (*) prepared with rice, pasta and potatoes are smaller portions	