

APRIL 2024

| Mon | Tue | Wed | Thu | Fri |
|---|--|--|---|---|
| <p>1 <u>Chicken Pot Pie</u> Mac & Cheese, Vegetables</p>  | <p>2 <u>Cilantro Lime Shrimp Bowl</u> Quinoa, Black Bean Salad, Yogurt & Granola</p>  | <p>3 <u>Roasted Chicken & Fruit Salad</u></p>  | <p>4 <u>Apricot Glazed Turkey</u> Asparagus & Lyonnaise Potatoes</p>  | <p>5 <u>Sautéed Salmon</u> Edamame & Brown Rice</p>  |
| <p>8 <u>Swedish Meatballs</u> Fettuccini Pasta & Sautéed Spinach</p>  | <p>9 <u>Steak Burrito</u> Roasted Veggies & Potatoes</p>  | <p>10 <u>Turkey Monte Cristo</u> Fruit & Potato Salad</p>  | <p>11 <u>Chicken Fajita</u> Rice & Roasted Veggie</p>  | <p>12 <u>Braised Butter Garlic Cod</u> Sweet Potatoes & Cabbage</p>  |
| <p>15 <u>Cauliflower Crust Veggie Pizza</u> Sweet Potato Fry & Green Beans</p>  | <p>16 <u>Albondigas w/marinara</u> (Spanish Meatballs) Cilantro Brown Rice Steamed Peas</p>  | <p>17 <u>Baked Fried Chicken</u> Mashed Potato & Vegetable Blend</p>  | <p>18 <u>Feta, Garbanzo Bean & Egg Chef Salad</u> Pasta Salad 3 Bean Salad</p>  | <p>19 <u>Parmesan Crusted Cod</u> Roasted Potatoes & Vegetable Mix</p>  |
| <p>22 <u>Mushroom Fettuccini Alfredo</u></p> <p>Italian Green Beans & Mixed Vegetables</p> | <p>23 <u>Pollo Asado– Grilled Chicken</u></p> <p>Brown Rice & Corn on the Cob with Cotija Cheese</p> | <p>24 <u>Beef & Potato Knish</u></p> <p>Brussel Sprouts & Vegetable Blend</p> | <p>25 <u>Chicken Chilaquiles</u></p> <p>Rice, Beans & Nopales Salad</p> | <p>26 <u>“Un”-Fried Catfish</u></p> <p>Corn Bread & Vegetable Blend</p> |
| <p>29 <u>Rib Eye Steak Sandwich</u></p> <p>Roasted Potato & Green Bean Almondine</p> | <p>30 <u>Turkey Monte Cristo</u> Loaded Potato Salad & Fruit</p>  | | |  |

Stickney Township Office on Aging

Thank you for participating in Stickney Township’s meal program! Lunch reservations and/or cancellations must be made the day before, by 11:00 a.m.
Suggested Donation: \$2.00 per meal

**North Stickney Senior Center 6721 W. 40th St.
LSV Senior Center 7745 S. Leamington**

**Stickney
Burbank**

**708-788-9100
708-636-8850**

“Funds (in whole/part) for this publication were provided through an award from AgeOptions through grants from the Illinois Department on Aging and/or Administration for Community Living, U.S. Department of Health and Human Services under Title III of the Older Americans Act.”