



DINING ROOM MENU FOR APRIL 2025

MID-VALLEY /KESTER SENIOR CENTER

818 934-6883

Subject to change without notice.



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
LUNCH IS SERVED AT 11:30 A.M to 12:30 P.M	1) Beef Fajita LS Pinto Beans Tossed Green Salad w/ Cilantro Dressing WG Warm Tortilla *Pineapple & Mango Fruit Cup LF Milk	2) Mushroom Quiche **Roasted Vegetables Lentil Salad w/ Cucumbers & Vinaigrette Drsg Brown Rice Pilaf Pita Bread *Cantaloupe OR Tangerine LF Milk	3) Roast Turkey Breast **Fresh Baked yam or Sweet Potato ** Spinach Salad w/ French Dressing Whole Grain Stuffing *Kiwi OR Orange Lemon Pudding LF Milk	4) Tuna Salad Cold Plate Herbed Potato Salad *Creamy Coleslaw Baked Apple – OR Applesauce Whole Grain Roll LF Milk
7) Fish Creole Red Beans *Creamy Coleslaw Warm WG Tortilla Pear or Plum LF Milk Food Bank	8) Chicken Dijon Herb Zucchini & Green Beans ***Chopped Salad w/ Kale ,Lettuce, cucumber, & Carrots w/ Vinaigrette drsg Fresh Fruit Whole Grain Roll LF Milk	9) *Orange Juice Tuna Salad Romaine Salad w/ Tomatoes 1000 Island Drsg Potato Salad Whole Grain Roll Apple LF Milk	10) Korean BBQ (Beef) Sauté Zucchini w/ Sesame Seeds *** Broccoli Salad w/ Sliced Radish Herbed Brown Rice Pineapple LF Milk	11) Tuscan Bean Stew w/ Beans ,Mushrooms, Carrots, Celery Roasted Cauliflower ** Spinach Salad Ranch Dressing Whole Grain Roll *Orange LF Milk <i>Good Friday</i>
14) Savory Beef Stew Mashed Potatoes Roasted Brussels Sprouts WG Roll or WG Bread *Orange LF Milk Happy Passover!	15) Turkey Vegetable Stir-fry w/Lo Mein Noodles **Vegetables in Entrée (Broccoli, Bamboo Shoots, Water chestnuts) *Cabbage, Cucumber, Radish Salad w/Sesame Drsg Poached Ginger Pear LF Milk	16) Vegetarian Enchilada Casserole w/ Pinto Beans Mushroom, Zucchini Cheese Garnish *** Carrot, Bell Pepper Celery Salad WG Tortilla Fresh Fruit in Season LF Milk	17) *Orange Juice Bolognese w/ Penne Pasta Herbed Zucchini & Yellow Squash Caesar Salad w/ CROUTONS & Caesar Dressing Fruit Cup (apple & melon) LF Milk	18) *Orange Juice Fish & Chips **Roasted Sweet Potato Wedges *Coleslaw WG Roll or WG Bread Fresh Peach OR Plum Tapioca Pudding LF Milk
21) *Orange Juice Turkey w/ LS Sauce ** Whipped Sweet Potato Mixed Green Salad w/ Spinach & Strawberries Vinaigrette Dressing Brown Rice Pilaf WG Roll Tapioca OR Lemon Pudding LF Milk	22) Shepherd's Pie Ground Beef w/Mashed Potatoes **Carrots Mixed Salad Greens French Dressing Whole Grain Roll *Kiwi LF Milk 	23) Baked Fish Almandine Green Beans w/ Herbs ***Spinach Salad w/ Kale, Bell Pepper, Cucumber, 1000 Drsg Barley w/ Herbs Yogurt Parfait Yogurt w/ Berries LF Milk	24) Cashew Chicken Green Peas *Beet & Mandarin Orange Salad Brown Rice Fresh Fruit LF Milk	25) Garden Vegetable Lasagna w/WG Pasta w/ Beans (mashed) Ricotta Zucchini & Mushrooms Tomato Sauce Garnish w/ Parmesan Cheese **Broccoli Caesar Salad w/Caesar Dressing *Cantaloupe OR Orange LF Milk
28) *Orange Juice Open Face Hot Turkey Sandwich Mashed Potatoes Green Beans **Spinach Salad w/ Shredded Cabbage & Cranberries w/ Vinaigrette Dressing Whole Grain Bread LF Milk	29) Baked Pollack w/Lemon Sce or Quiche Mixed Veg Blend *** Broccoli Salad WG Roll Or WG Bread Cinnamon Applesauce LF Milk	30) BBQ Chicken ** Yam or Sweet Potato *** Tri Color Coleslaw w/ 2 T carrots Brown Rice Peach or Pear LF Milk	 CYNTHIA PAZ Dining Coordinator SUGGESTED DONATION OF \$3.10 FOR THOSE 60 YEARS OLD AND OVER	 April