

AtlantisValley Foods: DANE COUNTY OLDER ADULT NUTRITION PROGRAM

April 2024

1	2	3	4	5
Barbecue Pulled Pork Barbecue Sauce Good Grains Rice Pilaf w/ Vegetables Capri Veg Blend Orange Chocolate Chip Cookie MO: Barbecue Jack Fruit NCS: Sugar Free Cookie Entree Salad: Turkey Club	French Toast Casserole with Syrup Turkey Sausage Patties Roasted Potatoes Juice Banana Cinnamon Roll MO: Plant Based Breakfast Sausage NCS: Sugar Free Wafer Entrée Salad: Spinach Salad*	Hamburger on a WG Bun Lettuce, Tomato, Onion Ketchup/Mustard Corn Paco Blend w/ Potatoes Rice Krispy MO: Black Bean Burger NCS: Red Grapes Entree Salad – Southwest Chicken Salad	Swedish Meatballs with Sauce WG Dinner Roll/butter Mashed Potatoes California Vegetables Bean Medley Salad Kringle MO: Plant Based Meatballs NCS: Orange Entrée Salad – Garden Vegetable Salad	Turkey Sausage Kale Soup Saltine Packet WG Roll w/ Butter Side Salad w/ Tomatoes & Cucumber Pineapple Tidbits Planters Peanuts MO: Garden Vegetable Soup NCS: None
8	9	10	11	12
Meatloaf with Gravy Mashed Potatoes Green Beans Tomato & Cucumber Salad WG Bread w/ butter Nutty Buddy MO: Impossible Loaf with Veggie Gravy NCS: Sugar Free Wafer Entrée Salad – Chicken Caesar Salad	Lemon Pepper Chicken Breast over Long Grain Wild Rice Broccoli Roasted Root Vegetables Grapes Sugar Cookie MO: Plant Based Garlic Herb Chicken Breast NCS: SF Cookie Entrée Salad – Sunflower Crunch Salad	Salisbury Steak Paco Vegetables with Roasted Potatoes Prince Charles Vegetables Sliced Peaches WG Bread w/ butter Brownie MO: Beyond Burger Patty NCS: SF Chocolate Entree Salad – Cobb Salad *	Chicken Dumpling Soup WG Dinner Roll w/ Butter Peas & Carrots Cantaloupe Pudding MO: Minestrone NCS: SF Pudding Entree Salad: Chef Salad*	*Oven Baked Ham with Gravy Hoppin John Beans WG Dinner Roll w/ butter Cauliflower Tropical Fruit Mix Cherry Gel Cup MO: Smoked Tempeh w/ vegetable gravy NCS: Sugar Free Jell-O
15	16	17	18	19
Spaghetti and Meatballs Peas & Pearl Onions Steamed Broccoli Mixed Fruit Tapioca Pudding MO: Veggie Meatballs NCS: SF Pudding Entrée Salad - *Italian Salad	Roasted Turkey with Gravy WG Bread w/ Butter Mashed Potatoes Corn Cranberry Sauce Chocolate Cake MO: Plant Based Chicken Breast NCS: Cantaloupe Entrée Salad – Greek Salad	*Creamy Potato Soup with Bacon WG Dinner Roll w/butter 3-Bean Salad Fruit Cocktail M&M Cookie MO: Cheesy Broccoli Soup NCS: SF Cookie Entree Salad – Chicken Bacon Salad*	Crab Cake Tatar Sauce Packet Good Grains Rice Pilaf w/ Vegetables Potato Salad Orange Cherry Apple Crunch Bar MO - Plant Based Shrimp NCS – Sugar Free Wafer Entrée Salad – Garden Vegetable Salad	Sausage and Egg Breakfast Scramble* Roasted Potato Asparagus Tips Honey Dew Blueberry Muffin w/ butter MO: Vegetarian Egg Bake NCS: Planters Peanuts
22	23	24	25	26
Rigatoni Bolognese Parmesan Cheese California Veg Blend Diced Pears Chocolate Chip Cookie MO: Plant based Meatballs and Marinara NCS: Sugar Free Cookie Entrée Salad – Grilled Chicken Almond Salad	Cabbage Rolls Green Beans Crinkle Cut Carrots Cantaloupe Apple Cinnamon Muffin w/ butter MO: Plant Based Cabbage Roll NCS: Orange Entrée Salad – Turkey Club*	Macaroni and Cheese Capri Vegetables Vegetarian Baked Beans Orange Slices Yogurt NCS: SF Jell-O Entrée Salad – Southwest Chicken Salad	Chicken Breast on a WG Bun Lettuce, Tomato, Onion Ketchup/Mustard Broccoli Mashed Sweet Potatoes Peanut Butter Pie MO: Grilled Plant Based Chicken Breast NCS: Planters Peanuts Entrée Salad - *Cobb Salad	Shredded Beef in Gravy WG bread w/ Butter Peas & Carrots Roasted Garlic Mashed Potato Mixed Fruit Nutty Buddy MO: Plant Based Sausage NCS: Sugar Free Wafer
29	30	Meals provided by AtlantisValley Foods. All menu items are prepared in a kitchen that is not allergen-free. We cannot guarantee that food allergens will not be transferred through cross-contact. All Salads come individually packaged with Fork, Crouton Packet, and Dressing Packet. Each entrée salad meal will include a whole grain dinner roll, butter pat, fruit, and dessert. Chickpeas can be substituted for meat in any salad to make it a Meatless Option. No substitutions allowed. MO = Meatless Option. *Contains Pork		
Chili Corn Bread w/ Butter Cowboy Caviar Yellow Corn Tortilla Chips Sliced Peaches Sugar Cookie MO: Veggie Chili NCS: Sugar Free Cookie Entrée Salad – Chicken Caesar Salad	Barbecue Pulled Chicken BBQ Sauce Baked Beans WG Bread w/ Butter Prince Charles Veg Blend Apple Cheesecake MO: Barbecue Tofu NCS: SF Pudding Entree Salad – Italian Salad*			