

APRIL 2023

BAY COUNTY DEPARTMENT ON AGING

HDM/CONGREGATE MENU

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>(3) BBQ CHICKEN BREAST(14) Redskin Potatoes(23) Corn(21) 4ct Oreo(33)</p>	<p>(4) BAKED TURKEY(3) Mashed Potatoes(17) W/Turkey Gravy(2) Kyoto Blend Vegetables(9) Chocolate Pudding(27)</p>	<p>(5) GRILLED CHICKEN SANDWICH(29) Cheesy Mashed Potatoes(16) Colorful Peas & Carrots(9) Banana(27)</p>	<p>(6) HUNGARIAN PORK CHOP(6) Buttered Noodles(13) Spinach(5) Clementine(9)</p>	<p>(7) GOOD FRIDAY! ALL OFFICES & ACTIVITY CENTERS CLOSED <i>GOOD Friday</i></p>
<p>(10) CHI CHI CHILI(22) Saltine Crackers(5) Oven-Baked Potato(33) Wax Beans(5) Pineapple Chunks(18)</p>	<p>(11) BAKED PORK CHOP(1) Loaded Potatoes(16) Broccoli Florets(4) Apricots(15)</p>	<p>(12) PIZZA CALZONE(23) Green Beans(5) Marinara Side(3)</p>	<p>(13) OLD-FASHIONED MEATLOAF(12) Ranch Potatoes(16) Corn(21) Mandarin Oranges(16)</p>	<p>(14) SCAMBLED EGGS(3) Sausage Links(1) Seasoned Cubed Potatoes(20) Cinnamon Roll(10) Orange Juice Box(13)</p>
<p>(17) MEATBALL STROGANOFF(18) Buttered Noodles(13) Mixed Vegetables(11) Orange(0)</p>	<p>(18) BEAN & HAM SOUP(25) Diced Carrots(7) Chocolate Chip Cookies(27) Low-Sodium V8 Vegetable Juice(6)</p>	<p>(19) SAUCY VEAL PARMESAN(23) Over Spaghetti(20) Green Beans(5) Pineapple Orange Delight(31)</p>	<p>(20) GARLICKY CHICKEN(16) Parsley Boiled Potatoes(12) Scandinavian Blend Vegetables(7) Diced Pears(0)</p>	<p>(21) PEPPER STEAK(10) Steamed Brown Rice(16) Broccoli Florets(4) Grape Juice Box(20)</p>
<p>(24) HOTDOG(1) W/ CONEY SAUCE(6) On a Whole Wheat Bun(19) Tater Tots(17) Corn(21) Bite-Sized Peaches(12)</p>	<p>(25) CHICKEN ENCHILADAS(20) Roasted Corn & Beans(14) Spanish Rice(25) Honey Bunny Graham Crackers(24)</p>	<p>(26) COD FISH SANDWICH(17) On a Whole Wheat Bun(25) Down-Home Fries(15) Parmesan Brussel Sprouts(7) Clementine(9)</p>	<p>(27) ROASTED PORK LOIN(0) Mashed Potatoes(17) w/Pork Gravy(2) Southern Succotash(20) Whole Wheat Bread(10) Pumpkin Fluff(18)</p>	<p>(28) HAMBUGER GRAVY(9) Mashed Potatoes(17) Kyoto Blend Vegetables(9) Whole Wheat Dinner Roll(23)</p>

All Meals at the Activity Centers served with Fat-Free Milk (13)
Menu is subject to change without notice.

Number next to the menu item indicates carbohydrate count.
Be advised menu items may contain nuts.