

APRIL 2018		CONWAY SENIOR WELLNESS & ACTIVITY CENTER MENU			For Seniors 60 & Over				
Monday		Tuesday	Wednesday	Thursday	Friday				
2	Baked Chicken Rice Pilaf Broccoli Tossed Salad w/Dressing Cinnamon Apples Bread Skim Milk	3	Smothered Pork Chops Parslied Butter Pasta Candied Carrots Coleslaw Mixed Fruit Roll Skim Milk	4	Beef Stew Tossed Salad w/Dressing Crackers Cheesecake w/Strawberries Skim Milk	5	Roast Turkey Baked Sweet Potato Green Beans Peach Crisp Roll Skim Milk	6	Fried Fish Tater Tots Coleslaw Peaches Bread Skim Milk
9	Beef Stroganoff Cabbage Pea Salad Lime Sprinkled Pears Cornbread Skim Milk	10	Chicken Tenders Scalloped Potatoes Mixed Vegetables Ice Cream Biscuit Skim Milk	11	Roast Beef Mashed Potatoes Seasoned Carrots Roll Cookie Skim Milk	12	Oven Fried Chicken Baked Potatoes Green Beans Peach Cobbler Roll Skim Milk	13	Taco Salad Chips, Cheese, Lettuce, Tomato Mandarin Oranges/Pineapples Brownie Skim Milk
16	Bacon Wrapped Pork Filet Sweet Potato Green Beans Graham Crackers Peaches Roll Skim Milk	17	Pinto Beans w/Ham Bits Fried Potatoes Mixed Greens Frosted Brownie Cornbread Skim Milk	18	Vegetable Beef Chowder Crackers Club Sandwich Cucumber Salad Ice Cream Skim Milk	19	Spaghetti w/MeatSauce Green Beans Tossed Salad w/Dressing Garlic Bread Banana Pudding Skim Milk	20	Meatloaf Mashed Potatoes/Gravy Peas & Carrots Roll Fresh Orange Skim Milk
23	Soft Beef Taco Beans Fiesta Corn Salad Pears Creamy Orange Cake Skim Milk	24	Cheeseburger on Bun Relish Plate Sweet Potato Puffs Jello w/Fruit Skim Milk	25	Beef Tips Rice Sweet Peas Tossed Salad w/Dressing Pineapple Tidbits Roll Skim Milk	26	Herbed Pork Roast Garlic Mashed Potatoes Roasted Brussel Sprouts Oatmeal Cake w/Topping Chilled Peaches Roll Skim Milk	27	Chicken Spaghetti Broccoli Tossed Salad w/Dressing Garlic Bread Cinnamon Applesauce Skim Milk
30	<b>9:45 BRUNCH</b> Scrambled Eggs Sausage--Hashbrowns Biscuit and Gravy Orange Juice Banana Skim Milk								