

































SALERNO'S CONGREGATE MENU FOR AGING CARE CONNECTIONS - APRIL 2019



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
APRIL 1	APRIL 2	APRIL 3	APRIL 4	APRIL 5
CHEESE RAVIOLI - 3 OZ. SPINACH - 1/2C SALAD W/TOMATOES - 1C GARLIC BREAD - 2 SLS. FRUIT - 1/2C MILK - 8 OZ.	SWEET & SOUR CHICKEN - 3 OZ. BROWN RICE - 1/2C GREEN BEANS - 1/2C CREAM OF CELERY SOUP - 3/4C FRENCH BREAD - 2 SLS. FRUIT - 1/2C MILK - 8 OZ.	SALISBURY STEAK W/ONIONS & MUSHROOMS - 3 OZ. MASHED POTATOES - 1/2C PEAS - 1/2C WHEAT BREAD - 2 SLS. FRUIT - 1/2C MILK - 8 OZ.	BR PORK TENDERLOIN W/GRAVY - 3 OZ. MASHED SWEET POTATOES - 1/2C SAUERKRAUT - 1/2C ZUCHINNI TOMATO SOUP - 3/4C RYE BREAD - 2SLS. FRUIT - 1/2C MILK - 8 OZ.	MEATBALL SAND ON A HARD ROLL - 3 OZ POTATO SALAD - 1/2C COLE SLAW - 1/2C MINNESTRONE SOUP - 3/4C FRUIT - 1/2C MILK - 8 OZ.
APRIL 8	APRIL 9	APRIL 10	APRIL 11	APRIL 12
EGGPLANT PARMIGIANA - 3 OZ. BUTTERED ANGEL HAIR PASTA - 1/2C MIXED VEGETABLES - 1/2C SALAD W/TOMATOES - 1C GARLIC BREAD - 4 OZ. FRUIT - 1/2C MILK - 8 OZ.	CHICKEN PICANTE' - 3 OZ. BAKED POTATO - 4 OZ. CHICKEN ROSA MARINA SOUP - 3/4C BROCCOLI - 1/2C FRENCH BREAD - 2 SLS. FRUIT - 1/2C MILK - 8 OZ.	JULIENNE SALAD W/LETTUCE, HAM, CHEESE, TOMATOES, TURKEY - 2 OZ. EAC CREAM OF MUSHROOM SOUP - 3/4C FRENCH BREAD - 2 SLS. FRUIT - 1/2C MILK - 8 OZ.	STUFFED CHICKEN BREAST - 3 OZ STUFFING W/GRAVY - 1/2C SPINACH - 1/2C PICKLED BEETS - 1/2C CRANBERRY SAUCE - 1/2C MILK - 8 OZ.	TILAPIA - 3 OZ. ROASTED POTATOES - 1/2C CORN - 1/2C CREAM OF POTATO SOUP - 3/4C FRENCH BREAD - 2 SLS. FRUIT - 1/2C MILK - 8 OZ.
APRIL 15	APRIL 16	APRIL 17	APRIL 18 - EASTER CELEBRATION	APRIL 19 - ALTERNATE MEAL
MEAT CANNOLI - 3 OZ. CAULIFLOWER - 1/2C MOSTICIOILI - 1/2C SALAD W/TOMATOES - 1C GARLIC BREAD - 4 OZ. FRUIT - 1/2C MILK - 8 OZ.	BEEF TACOS (2) ON WW TORILLAS W/LETTUCE,ONION, TOMATOES, CHEESE, SOUR CREAM, SALSA - 3 OZ. SPANISH RICE - /2 REFRIED BEANS - 1/2C FRUIT - 1/2C MILK - 8 OZ.	HOPE LUTHERAN CHURCH	HAM - 3 OZ. BOILED POTATOES - 1/2C CABBAGE - 1/2C CARROTS - 1/2C RYE BREAD - 2 SLS. FRUIT - 1/2C MILK - 8 OZ.	EXTRA THIN CRUST CHEESE PIZZA, OR EXTRA THIN CRUST PIZZA W/CHEESE, SAUSAGE, ONION, GR PEPPER, MUSH CREAM OF SPINACH SOUP - 3/4C SALAD W/TOMATOES - 1C FRUIT - 1/2C MILK - 8 OZ.
APRIL 22	APRIL 23	APRIL 24	APRIL 25 - TASTE OF SALERNO'S	APRIL 26
ROAST PORK W/GRAVY - 3OZ. MASHED SWEET POTATOES - 1/2C PEAS AND CARROTA - 1/2C FRENCH BREAD - 2 SLS. APPLESAUCE - 1/2C MILK - 8 OZ.	CHICKEN LEG QUARTER - 3 OZ. MASHED POTATOES W/GRAVY - 1/2C STUFFING - 1/2C GREEN BEANS - 1/2C GARLIC BR - 4 OZ. CRANBERRY SAUCE - 1/2C MILK - 8 OZ.	SWEDISH MEATBALLS - 3 OZ. BUTTERED NOODLES - 1/2C SALAD W/TOMATOES - 1C NAVY BEAN SOUP W/PORK - 3/4C FRENCH BREAD - 2 SLS. FRUIT - 1/2C MILK - 8 OZ.	CHIK MARSALA - 2 OZ. GARLIC BR - 4 OZ ITALIAN SAUSAGE - 2 OZ. FETTUCINE W/VODKA SAUCE - 1/2C SALAD W/TOMATOES & A SPRINKLE OF CHEESE - 1C ZUCCHIN - 1/2C FRUIT - 1/2C MILK - 8 OZ.	PULLED PORK ON A BUN - 3 OZ. COLE SLAW - 1/2C BAKED BEANS - 1/2C PASTA SALAD - 1/2C FRUIT - 1/2C MILK - 8 OZ.
APRIL 29 - ALTERNATE MEAL	APRIL 30	MAY 1	MAY 2	MAY 3
ITALIAN BEEF OR ITALIAN SAUSAGE W/ GREEN PEPPERS ON A HARD ROLL - 3OZ. ROASTED POTATOE - 1/2C SALAD W/TOMATOES - 1C PEACHES W/COTTAGE CHEESE - 1/2C MILK - 8 OZ.	CHICKEN VESUVIO - 3 OZ. VESUVIO POTATOES - 1/2C BROCCOLI - 1/2C CHICKEN RICE SOUP - 3/4C GARLIC BREAD - 4 OZ. FRUIT - 1/2C MILK - 8 OZ.			

TO RESERVE CALL 708-354-1323

SALERNO'S CONGREGATE ACTIVITIES FOR AGING CARE CONNECTIONS - APRIL 2019

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	
APRIL 1 10:00 A.M. - ADVISORY COUNCIL MEETING 12:45 P.M. - PO-KENO 	APRIL 2 10:30 A.M. - 11:30 A.M. - BOOK CLUB MEETS  12:45 P.M. - FORTUNE BINGO	APRIL 3 10:00 A.M. - 11:00 A.M. - BINGOCIZE BEGINS 	APRIL 4 12:45 P.M. -BINGO 	APRIL 5 NEW GAME DAY	
MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	
APRIL 8 10:30 A.M. - ADULT COLORING  12:45 P.M. - BINGO 	APRIL 9 10:30 A.M. - 11:30 A.M. - BOOK CLUB MEETS  12:45 P.M. - FORTUNE BINGO 	APRIL 10  10:00 A.M. - BINGOCIZE 12:30 P.M. - ACES CARD GAME 	APRIL 11 12:45 P.M. - BINGO 	APRIL 12 NATIONAL LICORICE DAY 	
MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	
APRIL 15 12:45 P.M. - PUDDING PO-KENO 	APRIL 16 10:30 A.M. - 11:30 A.M. BOOK CLUB MEETS  12:45 P.M. - FORTUNE BINGO 	APRIL 17 HOPE LUTHERAN CHURCH LUNCH	APRIL 18 10:30 A.M. EASTER CELEBRATION BEGINS 10:30 A.M. - PVFD - BLOOD PRESSURE AND BLOOD GLUCOSE CHECKS  12:45 - BINGO 	APRIL 19 	
MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	
APRIL 22 NATIONAL JELLY BEAN DAY 12:45 P.M. - BINGO 	APRIL 23 10:30 A.M. - 11:30 A.M. - BOOK CLUB MEETS  12:45 P.M. - FORTUNE BINGO 	APRIL 24 10:00 A.M. - BINGOCIZE 	APRIL 25 12:45 P.M. - BINGO 	APRIL 26 NATIONAL PRETZEL DAY - ENJOY 12:00 NOON - PRESENTATION - BATTLING THE AGING BRAIN 	
MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	
APRIL 29 12:45 P.M. - PO-KENO 	APRIL 30 10:30 A.M. - 11:30 A.M. - BOOK CLUB MEETS  12:45 P.M. - FORTUNE BINGO 	MAY 