

April 2019

OSIP Lunch Menu

Water, 1% Milk, Juice and Coffee offered at every meal.

Monday	Tuesday	Wednesday	Thursday	Friday
1 Haddock Orzo Pepper Salad Peas W/G Banana Muffin Apple Sauce	2 Rst Pork W/G Noodles Broccoli/Orange Sauce W/W Bread Peaches	3 Squash & Bean Minestrone Soup W/G Bread Pears	4 Beef Burger Sweet Potato Fries Fruit Muffin Fruit Cocktail	5 Baked Chicken Mashed Potato Grn Beans W/G Rolls Pears
8 Rst Chicken W/G Noodles Squash W/G Bread Mandarin Oranges	9 Tuna Pea Wiggle on W/W Crackers Carrots Applesauce	10 Boiled Ham Scalloped Potato Green Beans W/G Roll Fruit Cocktail	11 Pasta Veggie w/ Escarole Beans W/G Garlic Bread Pears	12 Rst Beef Sweet Potatoes Carrots W/G Rolls Peaches
15 Cheese Burgers Lettuce/Onion/Tom 3 Bean Salad W/G Bun Mandarin Oranges	16 Honey Chicken Wild Rice Green Beans Corn Muffin Fruit Cocktail	17 Baked Haddock Carrots Banana Bread Apple Sauce	18 Roast Pork Mashed Potato Green Beans W/G Bread Peaches	19 Cauli/Broc/Cheese Casserole W/G Muffin Pineapple
22 Veggie Stir Fry Wild Rice/Cheese W/G Rolls Fruit Cup	23 Rst Beef Rst Swt Potato & Onions/Peppers W/G Muffin Pears	24 Chicke & Broccoli Casserole W/G Roll Peaches	25 Tomato Soup Tuna Sandwich W/G Bread Baked Apples	26 Ham & Pineapple Mashed Potato Peas W/G Rolls Mandarin Oranges
29 BBQ Pork Linguine Spinach/Tomato Salad Cran/Oat Muffin Pears	30 Veggie/Cheese Pizza On W/g Sand Thins Green Salad Fruit Cocktail			

OSIP Adult Day Services is an equal opportunity provider.