

WOCOA Menu for April 2018

2-Apr

Hamburger Steak with
Red Pepper & onions

Steamed Rice w/Gravy

Steamed Carrots
Jell-O® with Fruit
WW Roll
Margarine
Milk

3-Apr

Chicken Tetrazzini

Green Beans
Garden Salad w
dressing

Cherry Crisp
WW Roll
Milk

4-Apr

BBQ Pulled Pork

Baked Beans

Cole Slaw
Hot Spiced Apples
WW Bun
BBQ Sauce
Milk

5-Apr

Meat Loaf with Red
Sauce
Mashed Potatoes
w/Gravy

Green Beans
Yogurt with Fruit
WW Roll
Margarine
Milk

6-Apr

Chicken Salad

Vegetable Soup
Cucumber & Tomato
Salad
Fruit
WW Bread x 2
Milk

9-Apr

Oven Baked Chicken
Black-eyed Peas
Steamed Cabbage
Fresh Fruit
WW Cornbread

Margarine
Milk

10-Apr

Stew Beef with Red
Peppers & Onions
Mashed Potatoes
Zucchini & Squash
Banana Pudding
WW Rol

Margarine
Milk

11-Apr

Baked Pork Chop
Cream & WK Corn
Greens
Brownie
WW Cornbread

Margarine
Milk

12-Apr

Roast Beef Au Jus
Scalloped Potatoes
Italian Green Beans
Tropical Fruit Cup
WW Roll

Margarine
Milk

13-Apr

Hamburger
Tater Tots
Lettuce & Tomato
Apple Dumpling
WW Bun
Mayonnaise, Mustard,
Ketchup
Milk

16-Apr

Smoked Sausage with
Peppers & Onions
Cheese Grits
Okra & Tomatoes
Pineapple & Peaches
WW Bun
Mustard
Milk

17-Apr

Roast Turkey
Field Peas w/Beans
Steamed Broccoli
Animal Crackers
WW Roll
Margarine
Milk

18-Apr

BBQ Pork Chop
Macaroni & Cheese
California Blend
Mandarin Oranges
WW Roll
Margarine
Milk

19-Apr

Meat Sauce
Spaghetti Noodles
Caesar Salad
Peach Cobbler
WW Garlic Roll
Milk

20-Apr

Chicken Chipped BBQ
Sandwich
Roasted Potatoes
Carrot & Raisin Salad
Baked Apple
WW Bun
Milk

23-Apr

Roast Pork
Sweet Potatoes

Rutabagas
Cookie
WW Roll
Margarine
Milk

24-Apr

Chicken & Dumplings
Peas & Carrots

Succotash
Pound Cake
Milk

25-Apr

Salisbury Steak
Mashed Potatoes

Lima Beans
Fresh Fruit
WW Roll
Margarine
Milk

26-Apr

Roast Beef Au Jus
Yellow Rice
Spinach Salad w
Dressing
Berry Crisp
WW Roll
Milk

27-Apr

Baked Fish w/Lemon
Baked Beans

Cole Slaw
Fruit Cobbler
WW Roll
Tartar Sauce
Milk

30-Apr

Hamburger Steak with
Red Pepper & onions
Steamed Rice w/Gravy
Steamed Carrots
Jell-O® with Fruit
WW Roll
Margarine
Milk