

SIROVICH CENTER OF BALANCED LIVING
APRIL LUNCH MENU

Monday	Tuesday	Wednesday	Thursday	Friday	
28	29	30	31	1 Apricot Glazed Salmon Brown Rice Chinese Style Steamed Cauliflower Orange Milk, low fat, 1%	Indoor Dining 11:30am -12:30pm 2 nd FL Dining Room *Must finish eating by 12:45pm
4 Baked Chicken Quarters Baked Sweet Potato Broccoli with Toasted Garlic WW Dinner Roll Pineapple Milk, low fat, 1%	5 Turkey Meatloaf with Mushroom Gravy Mashed Potatoes Steamed Cauliflower Challah Bread Banana Milk, low fat, 1%	6 Vegetarian Lasagna Arugula Salad with Balsamic Vinegar Garlic Bread Sliced Canned Peaches Milk, low fat, 1%	7 Breaded Pork Loin Quinoa with Black Beans and Corn Sautéed String Beans WW Dinner Roll Fruit Cocktail Milk, low fat, 1%	8 Salmon in Garlic Butter Sauce Rice and Pigeon Peas Baby Spinach Salad WW Dinner Roll Orange Juice Milk, low fat, 1%	Grab and Go Meals 1:15pm-1:45pm Outside of the building
11 Baked Breaded Fish Green Bean Sautee Spiced Sweet Potatoes WW Dinner Roll Applesauce Milk, low fat, 1%	12 Spanish Style Baked Chicken Cilantro Lime Rice Steamed Cauliflower Canned Pineapple Milk, low fat, 1%	13 Eggplant Parmesan with Ricotta Penne California Blend Vegetables WW Dinner Roll Banana Milk, low fat, 1%	14 Special Lunch Menu for Easter Celebration *Advance Purchase of Ticket Required.	15 Teriyaki Baked Fish Chinese Style Spaghetti Asian Cabbage Yellow Squash Orange Milk, low fat, 1%	* For Special Lunches, Advance Purchase of Ticket is Required.
18 Stuffed Shells Mixed Green Salad Roasted Broccoli Garlic Bread Banana Milk, low fat, 1%	19 Mexican Style Chicken Thighs and Rice Spanish Rice Whole Wheat Bread Baby Spinach Salad Mango Milk, low fat, 1%	20 Breaded Pork Chops Whole Wheat Bread Brown Rice with Mushrooms Roasted Broccoli Pineapple Milk, low fat, 1%	21 Hamburger WW Bun Garden Salad Potato Salad Orange Milk, low fat, 1%	22 Coconut Curried Fish Rice Pilaf Whole Wheat Bread Yellow Plantains Honeydew Plain Yogurt	*Please look at our Programming Schedule for more information of when the tickets will be available.
25 Pasta Primavera Arugula Salad with Balsamic Vinegar Tomato Sauce Garlic Bread Orange Milk, low fat, 1%	26 Baked Turkey Breast WW Dinner Roll Baked Sweet Potato Steamed Cauliflower Apple Milk, low fat, 1%	27 Fillet of Fish Sandwich Sweet Potato Fries Coleslaw Lettuce and Tomato Kiwi Milk, low fat, 1%	28 BBQ Boneless Beef Ribs WW Dinner Roll Broccoli and Red Peppers Cauliflower/Potato Mash Mango Milk, low fat, 1%	29 Baked White Fish with Garlic Crumb Crust Challah Bread Mixed Vegetables Potato Pancake Applesauce Milk, low fat, 1%	