

## Milford Senior Center's April Breakfast Menu

Monday	Tuesday	Wednesday	Thursday	Friday
Bacon Strips, Scrambled Eggs w/ Cheese, Fruit Cup	Pancakes, Scrambled Eggs, Fruit Cup	Chipped Beef w/Toast, Scrambled Eggs, Fruit Cup	Belgian Waffle, Fresh Fruit, Whipped Topping, Bacon Slices	Cracked Out Breakfast Casserole, Sausage Links, Fruit Cup

### Other Offerings

Flavored Oatmeal Packet.....**\$1.00**  
 Bagels donated by Surf Bagel.....*Free for members*  
*Cream Cheese, Peanut Butter, Butter, Jelly ..* **Donations accepted**  
 Coffee & Hot Tea..... **Donations accepted**

**Served Daily 8:30am-9:45am**  
 (except the 2nd Thursday of the month  
 when we have Continental Breakfast from  
 9:15am-9:45am)

**\$3.50 Members / \$5.50 Non- Members**

## April Lunch Menu

*Modern Maturity Center suggested donation: \$6 for ages 60+, all others pay \$10.50. Menu subject to change without notice.*

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
		1 Chicken Filet Mashed Potatoes w/ Gravy Buttered Broccoli Wheat Bread/Milk Applesauce	2 Baked Ham w/ Pineapple Sauce Macaroni & Cheese Sweet Potatoes Chef Blend Vegetables Dinner Roll/Milk Assorted Pie	3  CENTER CLOSED
6 Spaghetti & Meat Sauce Italian Blend Wheat Bread/Milk Fruit	7 Fried Fish Macaroni & Cheese Stewed Tomatoes Wheat Bread/Milk Tropical Fruit	8 Tacos w/Lettuce & Tomato/Sour Cream/ Taco Sauce Spanish Rice Milk/Yogurt	9 Roast Turkey w/Gravy Herb Dressing Buttered Peas w/Pearl Onions Roll/Milk Cake	10 Meatloaf w/Gravy Mashed Potatoes Buttered Spinach Wheat Bread/Milk Applesauce
13 Baked Ziti w/Meat Sauce Mixed Vegetables Italian Bread/Milk Rice Pudding	14 Liver & Onions w/ Gravy Mashed Potatoes Buttered Green Beans Roll/Milk Tropical Fruit	15 Navy Bean Soup Chicken Salad on Bun Lettuce & Tomato Milk Pudding	16 Boneless Pork Chop w/Onion Gravy Mashed Potatoes Mixed Vegetables Wheat Bread/Milk Ice Cream	17 Italian Meat Ball on Roll French Fries Coleslaw Milk Fruit
20 Chicken & Dumplings Buttered Peas Biscuit/Milk Applesauce	21 Sausage & Peppers/ Onions Rice Mixed Vegetables Wheat Bread/Milk Vanilla Pudding	22 Chef Salad w/ Turkey/Cheese/HC Egg/Lettuce/ Tomato/Dressing Wheat Bread/Milk Fruit	23 Fried Chicken Mashed Potatoes w/ Gravy Collard Greens Corn Bread/Milk Sherbert	24 Chicken Pot Pie Broccoli Roll/Milk Fruuit
27 Sloppy Joe on Bun Potato Wedges Succotash Milk Fruit	28 BBQ Chicken Potato Au Gratin Mixed Greens Roll/Milk Tapioca Pudding	29 Vegetable Soup Tuna Salad on Bun Lettuce & Tomato Macaroni Salad Milk Jello	30 Pot Roast Boiled Potatoes Buttered Carrots Roll/Milk Yogurt	

With funding from Division for Aging and Adults with Physical Disabilities, senior nutrition programs (Congregate and Meals on Wheels) are designed to provide balanced meals and services not met by other service providers. We help you live independently longer. For nutrition questions, call 302-734-1200 x 144. Visit MMC online at [www.modern-maturity.org](http://www.modern-maturity.org)