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|  | **APRIL 2024** |  |

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| **1. Print Full Name (First & Last):** | |  | | | | | | | | | | | |
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| **2. Do You Have a Current Form 5 on File With Us (Required To Make Reservations)?:** | | | | | | | | **Yes** |  | | **No** | |  |
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|  |  |  | | **CLINTON** *(Tuesday & Thursday)* | | | | | |  | |  | |
| **3. Please Check √ Location You Will Go For Lunch →** | | | | **KILLINGWORTH** *(Wednesday)* | | | | | |  | |  | |
|  |  |  | | **LYME** *(Tuesday, Wednesday & Thursday)* | | | | | |  | |  | |
|  |  |  | | **OLD SAYBROOK** *(Monday – Friday)* | | | | | |  | |  | |
|  |  |  | |  | | |  | | | |  | | |
| **4. Circle The Dates You Want to Have Lunch OR** | | | **Check Here For All Days** | |  |  | | | | | | | |

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| **MONDAY** | **TUESDAY** | **WEDNESDAY** | **THURSDAY** | **FRIDAY** |
| 1  CHICKEN STIR FRY  BROWN RICE  ORIENTAL VEG  PINEAPPLE BITS | 2  AMERICAN CHOP SUEY  ELBOW NOODLES  BOLOGNES SAUCE  MIXED VEGETABLES  CORNBREAD MUFFIN  MANDARIN ORANGES | 3  ROAST TURKEY w/ GRAVY  MASHED POTATOES  CALI BLEND VEGETABLES  CRANBERRY SAUCE  APPLE CRISP | 4  CHICKEN PARMESAN  PENNE NOODLES  ITALIAN BLEND VEG  GARLIC KNOT  TROPICAL FRUIT | 5  BBQ CHICKEN  MACARONI & CHEESE  SPINACH  PEACHES |
| 8  CHICKEN DIVAN  ROASTED POTATOES  SONOMA BLEND VEG  PEARS | 9  BEEF CHILI  MIXED VEGETABLES  CORN MUFFIN  APPLE | 10  COBB SALAD  CORN MUFFIN  ORANGE | 11  BAKED SALMON w/ CUCUMBER & DILL  LENTIL & RICE PILAF  ASPARAGUS BLEND VEG  MANDARIN ORANGES | 12  CHICKEN SHAWARMA  HERBED RICE  MIXED VEGETABLES  PITA BREAD  TZATZIKI SAUCE  FRUIT JUICE  BUTTERSCOTCH PUDDING |
| 15  CHEESE TORTELLINI  PESTO CREAM SAUCE  ITALIAN BLEND VEGETABLES  TROPICAL FRUIT | 16  ROASTED CHICKEN  w/ GRAVY  BROWN RICE  MIXED VEGETABLES  PINEAPPLE | 17  BATTERED FISH  FRENCH FRIES  COLE SLAW  BAKED BEANS  BANANA | 18  HAM W/ PINEAPPLE  SWEET POTATOES  GREEN BEANS  SPICED PINEAPPLE  SUGAR COOKIE | 19  EGGPLANT PARMESAN  ITALIAN BLEND VEG  GARLIC KNOT  MANDARIN ORANGES |
| 22  BAKED COD  LEMON PICCATA SAUCE  RICE PILAF  GREEN BEANS  MANDARIN ORANGES | 23  CHICKEN CORDON BLEU  ROASTED RED POTATOES  BEETS  PEARS | 24 **BIRTHDAY LUNCHEON**  SALISBURY STEAK w/ GRAVY  MASHED POTATOES  GREEN BEANS  FRUIT JUICE  BIRTHDAY CAKE | 25  STUFFED SHELLS  ITALIAN BLEND VEG  GARLIC KNOT  ORANGE | 26  MEATLOAF w/ GRAVY  MASHED POTATOES  CARROT COINS  PEACH CRISP |
| 29  SWEDISH MEATBALLS  w/ BEEF GRAVY  EGG NOODLES  PEAS  SAUTED APPLES | 30  HAMBURGER  POTATO WEDGES  3-BEAN SALAD  PINEAPPLE | Menu subject to change without notice | **Meals supported by Senior Resources with Title III funds available from the Older Americans Act.** | **Lunch Cost**  **Age 60+ - $3.00**  **Suggested Donation**  **Under Age 60 - $15.00** |

**FOOD ALLERGY WARNING: Please be advised that our food may have come in contact with or contain peanuts, tree nuts, soy, milk, eggs, wheat, shellfish, or fish. Please advise a staff member of any food allergies prior to consumption of meals.**

**RESERVATIONS AND CANCELLATIONS NEED TO BE MADE IN ADVANCE ONE BUSINESS DAY BEFORE 11: A.M.,**

**BY CALLING THE ESTUARY OFFICE AT 860-388-1611 Ext. 216**

THIS MENU MEETS 1/3 RDA AND CONFORMS TO U.S. DIETARY GUIDELINES – CERTIFIED BY LAURA ROBBINS, RDN