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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** |  |
|  |  |  |  |  |  |  |  |
|  |  |  | **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** |
| 1CHICKEN STIR FRYBROWN RICEORIENTAL VEGPINEAPPLE BITS | 2AMERICAN CHOP SUEYELBOW NOODLESBOLOGNES SAUCEMIXED VEGETABLESCORNBREAD MUFFINMANDARIN ORANGES | 3ROAST TURKEY w/ GRAVYMASHED POTATOESCALI BLEND VEGETABLESCRANBERRY SAUCEAPPLE CRISP | 4CHICKEN PARMESANPENNE NOODLESITALIAN BLEND VEGGARLIC KNOTTROPICAL FRUIT | 5BBQ CHICKENMACARONI & CHEESESPINACHPEACHES |
| 8CHICKEN DIVANROASTED POTATOESSONOMA BLEND VEGPEARS | 9BEEF CHILIMIXED VEGETABLESCORN MUFFINAPPLE | 10COBB SALADCORN MUFFINORANGE | 11BAKED SALMON w/ CUCUMBER & DILLLENTIL & RICE PILAFASPARAGUS BLEND VEGMANDARIN ORANGES | 12CHICKEN SHAWARMAHERBED RICEMIXED VEGETABLESPITA BREADTZATZIKI SAUCEFRUIT JUICEBUTTERSCOTCH PUDDING |
| 15CHEESE TORTELLINIPESTO CREAM SAUCEITALIAN BLEND VEGETABLESTROPICAL FRUIT | 16ROASTED CHICKENw/ GRAVYBROWN RICEMIXED VEGETABLESPINEAPPLE | 17BATTERED FISHFRENCH FRIESCOLE SLAWBAKED BEANSBANANA | 18HAM W/ PINEAPPLESWEET POTATOESGREEN BEANSSPICED PINEAPPLESUGAR COOKIE | 19EGGPLANT PARMESANITALIAN BLEND VEGGARLIC KNOTMANDARIN ORANGES |
| 22BAKED CODLEMON PICCATA SAUCE RICE PILAFGREEN BEANSMANDARIN ORANGES | 23CHICKEN CORDON BLEUROASTED RED POTATOESBEETSPEARS | 24 **BIRTHDAY LUNCHEON**SALISBURY STEAK w/ GRAVYMASHED POTATOESGREEN BEANSFRUIT JUICEBIRTHDAY CAKE | 25STUFFED SHELLSITALIAN BLEND VEGGARLIC KNOTORANGE | 26MEATLOAF w/ GRAVYMASHED POTATOESCARROT COINSPEACH CRISP |
| 29SWEDISH MEATBALLSw/ BEEF GRAVYEGG NOODLESPEAS SAUTED APPLES | 30HAMBURGERPOTATO WEDGES3-BEAN SALADPINEAPPLE | 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