



**Oneida County Office for the Aging
Nutrition Program for the Elderly**

APRIL 2026

HDM MENU

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
		1 Hawaiian Pork Brown Rice Cauliflower Sliced Peaches Whole Grain Bread Milk	2 <u>EASTER DINNER</u> Baked Sliced Ham W/Pineapple Sauce Sweet Potatoes Broccoli Florets Chocolate Cake w/Topping* W. G. Dinner Roll Milk	3 Macaroni & Cheese Stewed Tomatoes Peas Pineapple Tidbits Whole Grain Bread Milk
6 Broccoli & Cheddar Cheese Quiche Oven Brown Potato Seasoned Spinach Apple Juice Sliced Apples w/Cinnamon Whole Grain Bread Milk	7 BBQ Chicken Cheesy Mashed Potatoes Brussel Sprouts Oatmeal Raisin Cookie* Whole Grain Bread Milk	8 Meatball Sub w/Sauce & Mozzarella Utica Greens w/Peppers & Onions Mandarin Oranges Whole Grain Roll Milk	9 Lemon Baked Fish Seasoned Pasta w/Zucchini & Tomato Broccoli Sliced Pears Whole Grain Bread Milk	10 Vegetable Tortellini Salad Carrots Banana Cake w/Topping* Whole Grain Bread Milk
13 Chicken Riggies Italian Green Beans Chocolate Pudding* Whole Grain Bread Milk	14 Chicken Fajitas w/Sauteed Peppers & Onions Brown Rice Peas Cinnamon Applesauce Wheat Tortilla Wraps Milk	15 Lasagna Roll Up w/Vegetable Cream Sauce Italian Blend Vegetables Pineapple Cobbler Whole Grain Bread Milk	16 Ditalini & Peas w/Red Sauce Brussel Sprouts Yogurt w/Strawberries & Granola Whole Grain Bread Milk	17 Lemon Greek Chicken Parsley Rice Capri Blend Vegetables Chocolate Chip Cookie* Whole Grain Bread Milk
20 Rib B Que Hearty Baked Beans Dill Carrots Fruit Cocktail Whole Grain Bread Milk	21 Bratwurst w/Sauteed Onions & Cabbage German Potato Salad Sliced Pears w/Cinnamon Whole Grain Bread Milk	22 Chicken & Broccoli Stir Fry Brown Rice Oriental Blend Vegetables Poke Cake w/Topping* Whole Grain Bread Milk	23 Mushroom Swiss Burger Potato Wedges Diced Beets Sugar Cookie* Hamburger Bun Milk	24 Cheese Pizza w/Sliced Peppers & Onions California Blend Vegetables Apple Crisp Cranberry Juice Milk
27 Grilled Marinated Chicken Sandwich Au Gratin Potatoes Green Beans Pineapple Tidbits Hamburger Bun Milk	28 Ham Primavera Bowtie Pasta Summer Blend Vegetables Sliced Apples w/Cranberries Whole Grain Bread Milk	29 Beef Hot Dog Baked Beans Cauliflower Sliced Peaches Hot Dog Roll Milk	30 Pulled BBQ Pork Scalloped Potatoes Mixed Vegetables Vanilla Pudding Hamburger Bun Milk	