



SENIOR SERVICES
www.SeniorServicesMidland.org
989-633-3700

CENTER HOT MENU • APRIL 2026

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
6 Lemon Pepper Chicken Brown Rice** California Blend Vegetables Naan Flatbread* Red Delicious Apple*	7 Meatloaf* Meat Loaf Gravy Mashed Potatoes* Key West Vegetable* Cantaloupe* French Bread Roll*	8 Chicken Parmesan* Whole Wheat Penne Pasta* Broccoli Peach Parfait**	9 Tuna Noodle Casserole** Stewed Apples* Broccoli Citrus Salad* Wheat Sweet Yeast Roll**	10 Cheddar Burger w/Fried Onions** and Tomato, Lettuce French Green Beans Burst O Berries* Raspberry Lemon Bar*
13 BBQ Chicken Breast* Baked Beans** Dilled Carrots* Strawberries & Blueberries* Wheat Sweet Yeast Roll*	14 Stuffed Salmon with Alfredo Sauce* Balsamic Roasted Brussels Sprouts* Kiwi* Blueberry Muffin**	15 BBQ Pork Wings*** Ranch Potatoes* Broccoli w Cheese Sour Cream Packet Fruited Gelatin**	16 Cheesy Chicken* Smashed Baked Potato** Peas & Carrots* Fresh Blueberries* Hawaiian Roll*	17 Baked Spaghetti** California Blend Vegetables Red Grapes* Savory Garlic Bread* Cranberry Juice*
20 Sweet & Sour Chicken** Over Brown Rice* Green Beans with Almonds Red Delicious Apple* Fortune Cookie	21 Stuffed Peppers w/Sauce* Cauliflower Smashed Potatoes* Strawberries** Breadstick*	22 Smoked Honey Ham Steak Parsley Potatoes* Pork Gravy Broccoli w Cheese Red Grapes* Hawaiian Parfait**	23 Chicken Cordon Bleu* with Alfredo Sauce Penne* Asparagus Fresh Pear**	24 Fish Tenders* Smashed Baked Potato** Dilled Carrots* Fruit Cocktail* Double Chocolate Cookie*
27 Smothered Chicken* Cauliflower w/Parsley Butter Sauce Pineapple Tidbits* Pistachio Fluff** Wheat Sweet Yeast Roll**	28 California Reuben** Coleslaw Ranch Potatoes* Kiwi* Oatmeal Raisin Cookie*	29 Chicken Bowl*** Corn** Ambrosia Salad**	30 All American Burger** Parsley Potatoes* Fruited Gelatin** Baby Carrot Pack	1 MAY Crispy Pollock Fillet* Macaroni & Cheese* Peas & Carrots* Clementine* French Bread Roll*

All meals served at 11:30 am at the Activity & Dining Centers. To reserve a lunch by 9 am call the Center you will attend:

Sanford: (989) 687-7888 Coleman: (989) 465-6216 Trailside: (989) 633-3790 Mills: (989) 282-1622 Greendale: (989) 832-8683.

Meals on Wheels Hotline: Call 989-633-3789 for changes in delivery by 9 am. Reservations are required. Menus subject to change without notice.

* = 15 gm carbohydrate. If there is no (*) by an item, there are little-no carbohydrates in that food item. Milk* is served with each meal.