



Nourishment through  
compassionate care.

# River House Lunch Menu

## April 2024

MONDAY		TUESDAY		WEDNESDAY		THURSDAY		FRIDAY	
4/1/24		4/2/24		4/3/24		4/4/24		4/5/24	
Roasted Chicken Leg Quarter	1 ea	American Chop Suey	1 c	Maple Mustard Pork	3 oz	Vegetable Frittata	3/4 c	Beef Vegetable Stir-Fry	3/4 c
Scalloped Potatoes	½ c	Green Peas	½ c	Whole Wheat Stuffing	½ c	Potato Tots	½ c	Brown Rice	½ c
California Vegetable Blend	½ c	Tuscany Vegetable Blend	½ c	Broccoli	½ c	Corn	½ c	Glazed Carrots	½ c
Whole Wheat Roll	2 ea	Whole Wheat Bread	1 ea	Whole Wheat Roll	1 ea	Whole Wheat Bread	2 ea	Whole Wheat Bread	1 ea
Applesauce	½ c	Mandarin Oranges	½ c	Fresh Fruit	1 ea	Vanilla Pudding	½ c	Pineapple Tidbits	½ c
Milk	8 oz	Milk	8 oz	Milk	8 oz	Assorted Fruit Juice	4 oz	Milk	8 oz
Margarine	1 tsp	Margarine	1 tsp	Margarine	1 tsp	Milk	8 oz	Margarine	1 tsp
						Margarine	1 tsp		
4/8/24		4/9/24		4/10/24		4/11/24		4/12/24	
Swiss Steak w/Gravy	3 oz	Macaroni & Cheese	1 c	Cacciatore Chicken Thigh	3 oz	BBQ Hamburger	1 ea	Ginger Honey Pork	3 oz
Whipped Potatoes	½ c	Pinto Beans	½ c	Penne Pasta	½ c	Crinkle Cut Fries	½ c	Brown Rice	½ c
Capri Vegetable Blend	½ c	Cauliflower	½ c	Mixed Greens	½ c	Sliced Carrots	½ c	Green Beans w/Red Peppers	½ c
Whole Wheat Roll	2 ea	Whole Wheat Bread	1 ea	Whole Wheat Bread	1 ea	WG Hamburger Bun	1 ea	Whole Wheat Bread	1 ea
Diced Peaches	½ c	Applesauce	½ c	Fresh Fruit	1 ea	Fudge Crème Cookie	1 ea	Pineapple Tidbits	½ c
Milk	8 oz	Milk	8 oz	Milk	8 oz	Milk	8 oz	Milk	8 oz
Margarine	1 tsp	Margarine	1 tsp	Margarine	1 tsp	Low Fat Milk	8 oz	Margarine	1 tsp
						Ketchup	1 pkt		
4/15/24		4/16/24		4/17/24		4/18/24		4/19/24	
BBQ Pork Rib Patty	3 oz	Taco Meat	3 oz	Herbed Chicken Thigh	3 oz	Salisbury Steak w/Gravy	3 oz	Turkey Tetrzini	3/4 c
Corn O'Brien	½ c	Spanish Rice	½ c	Seasoned Orzo	½ c	Garlic Mashed Potatoes	½ c	Lima Beans	½ c
Mixed Greens	½ c	Mixed Beans	½ c	Mixed Vegetables	½ c	Zucchini	½ c	Carrots	½ c
WG Hamburger Bun	1 ea	WG Flour Tortilla	1 ea	Whole Wheat Bread	1 ea	Whole Wheat Roll	2 ea	Whole Wheat Bread	1 ea
Fresh Fruit	1 ea	Pineapple Tidbits	½ c	Fresh Fruit	1 ea	Applesauce	½ c	Brownie	1 ea
Milk	8 oz	Milk	8 oz	Milk	8 oz	Milk	8 oz	Assorted Fruit Juice	4 oz
Margarine	1 tsp	Sour Cream	1 pkt	Margarine	1 tsp	Margarine	1 tsp	Milk	8 oz
								Margarine	1 tsp
4/22/24		4/23/24		4/24/24		4/25/24		4/26/24	
Sloppy Joe	1 c	Balsamic Chicken Thigh	3 oz	Breaded Pollock	3 oz	Ham, Broccoli, & Cheese	3/4 c	Beef/Chicken Sweet & Sour	6 ea
Oven Roasted Potatoes	½ c	Cilantro Lime Brown Rice	½ c	Whipped Redskin Potatoes	½ c	Casserole	½ c	Meatballs (0.5 oz)	½ c
Green Beans	½ c	Zucchini w/Peppers	½ c	Cabbage	½ c	Corn	½ c	Brown Rice	½ c
WG Hamburger Bun	1 ea	Whole Wheat Bread	1 ea	Whole Wheat Roll	2 ea	Capri Vegetable Blend	½ c	Green Peas	½ c
Applesauce	½ c	Oatmeal Cookie	1 ea	Fresh Fruit	1 ea	Whole Wheat Roll	2 ea	Whole Wheat Roll	1 ea
Milk	8 oz	Assorted Juice	4 oz	Low Fat Milk	8 oz	Pineapple Tidbits	½ c	Fresh Fruit	1 ea
Margarine	1 tsp	Milk	8 oz	Milk	8 oz	Milk	8 oz	Milk	8 oz
		Margarine	1 tsp	Tartar Sauce	1 pkt	Margarine	1 tsp	Margarine	1 tsp
4/29/24		4/30/24		5/1/24		5/2/24		5/3/24	
Turkey A La King	3/4 c	Meatloaf w/Gravy	3 oz	BBQ Pork	3 oz	Marsala Chicken Thigh	3 oz	Beef Fiesta Macaroni &	1 c
Brown Rice	½ c	Whipped Potatoes	½ c	Baked Beans	½ c	Penne Pasta	½ c	Cheese	½ c
Cabbage	½ c	Green Beans	½ c	Mixed Greens	½ c	Peas & Onions	½ c	Corn	½ c
Whole Wheat Roll	1 ea	Whole Wheat Bread	2 ea	Whole Wheat Bread	2 ea	Whole Wheat Bread	1 ea	Broccoli	1 ea
Pineapple	½ c	Chocolate Chip Cookie	1 ea	Fresh Fruit	1 ea	Mandarin Oranges	½ c	Whole Wheat Bread	1 ea
Milk	8 oz	Assorted Fruit Juice	4 oz	Milk	8 oz	Milk	8 oz	Fresh Fruit	1 ea
Margarine	1 tsp	Milk	8 oz	Margarine	1 tsp	Margarine	1 tsp	Milk	8 oz
		Margarine	1 tsp					Margarine	1 tsp