

April 2023

Ector Co. Eld. Nutrition
1225 N. Adams-Odesa
(432)333-6791

Due to availability of food, menu is subject to change

Northside Center 11:30 - 12:30 Southside Center 11:00 - 12:00

SUMMIT -Meal Provider

\$3.00 Suggested
Meal Donation

Monday	Tuesday	Wednesday	Thursday	Friday
3 Chicken Pot Pie w. Mixed Vegetables Tossed Salad with FF Ranch Dressing Ambrosia Tea/Milk	4 Hamburger Steak w. Onions, Peppers & Green Chilies & Brown Gravy Mashed Potatoes Carrot & Raisin Salad Frozen Melon Balls Tea/Milk	5 Cheese Enchiladas Refried Beans Spanish Rice Baked Tortilla Chips Salsa Small Banana Tea/Milk	6 Chicken & Dumplings Seasoned Mixed Greens WW Roll/Bread Cucumber Salad Peaches Tea/Milk	7 CLOSED FOR GOOD FRIDAY <i>Good Friday</i>
10 Chicken Fried Steak Cream Gravy Mashed Potatoes Carrots WW Roll/Bread Orange Slices and Pineapple Tidbits Tea/Milk	11 Battered Fish Calico Corn Steamed Mediterranean Veggies Whole wheat Roll/Bread Lemonade Pie Tea/Milk	12 Beef Tips w. Peppers Mushroom Gravy Steamed Brown Rice Harvard Beets Waldorf Salad Pears Tea/Milk	13 Bean & Ham Soup Whole Grain Crackers Turkey Club Sandwich Broccoli & Cauliflower Salad Fruited Gelatin Tea/Milk	14 Spaghetti Noodles with Meat Sauce Green Beans Tossed Salad w. FF Ranch Dressing Angel Cake w. Chocolate Sauce Tea/Milk
17 Pot Roast with Potatoes & Carrots WW Roll/Bread Red Onion & Romaine Lettuce Salad Vinaigrette Dressing Strawberries Tea/Milk	18 BBQ Chicken Potato Salad Mixed Squash Casserole Biscuit Carrot & Raisin Salad Fruit Cup Tea/Milk	19 Cod Fish Fillet on WW Bun Tartar Sauce Oven Baked French Fries Cabbage Slaw Peanut Butter Cookie Tea/Milk	20 Chicken Soft Taco w. Shredded Cheese Chopped Lettuce & Tomatoes Refried Beans Tortilla Chips / Salsa Fruited Gelatin Marshmallows Tea/Milk	21 Pepper Steak Steamed Brown Rice Broccoli WW Roll/Bread Apple Crisp Tea/Milk
24 Open Face Hot Turkey on Whole Wheat Bread With Turkey Gravy Potato Wedges Green Pea Salad Orange Wedges Tea/Milk	25 Meatloaf Au Gratin Potatoes Chopped Spinach Banana Pudding Tea/Milk	26 Chicken Stir Fry Brown Rice Stir Fry Vegetables Cucumber Salad Veggie Spring Roll Strawberry Shortcake Tea/Milk	27 Beef Brisket Pinto Beans Steamed California Blend WW Roll/Bread Berry Crisp Tea/Milk	28 Baked Chicken & Dressing Squash Medley WW Roll/Bread Tropical Fruit Cup Tea/Milk

As of May 1st we will no longer provide carryout meals due to the Major Disaster Declaration being over. We welcome and encourage you to come in and join us for lunch in great company

Note:
Tea, Low Fat Milk, &
Bread will be provided
with every Meal