

Goodman Senior Meal Site Menu

APRIL 2024

Served daily @ NOON: Fruit, Salad, Dessert & 1% Milk option.

(Serving stops @12:45pm, dining room closes at 2pm)



| Monday | Tuesday | Wednesday | Thursday | Friday |
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| 1 | 2 | 3 | 4 | 5 |
| Jerk Chicken Rasta Pasta with Sweet Potato Discs Vegetarian: Jerk Tofu Pasta | Turkey Tacos Vegetarian: Sub meatless grounds | Beef Chili with Garlic Spinach and a Dinner Roll Vegetarian Option: Bean Chili | Chicken Pesto Sandwich with Sweet Potato Fries Vegetarian Option: Plant- Based Chicken Patty | Baked Lemon Haddock with Mashed Potatoes, Gravy & Broccoli Vegetarian : Baked Lemon Tofu |
| 8 | 9 | 10 | 11 | 12 |
| Sloppy Jo with Cajun Potato Rounds Vegetarian Option: Lentil Jo | Lemon-Herb Baked Chicken with Mashed Potatoes, Gravy & Dinner Roll | Turkey Pad Kra Pao w/ Broccoli and Brown Rice Vegetarian Option: Tofu Pad Kra Pao | BBQ Chicken Thighs w/ Carrots, Baked Beans and a Dinner Roll Vegetarian Option: Plant- | Fish and Cheese Sandwich with Sweet Potato Fries Vegetarian Option: Garden Cheeseburger |

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| | Vegetarian Option: Baked Lemon Tofu | | Based Chicken Patty | |
| 15 | 16 | 17 | 18 | 19 |
| Beef Stew with Mashed Potatoes and a Dinner Roll Vegetarian Option: Bean/Lentil Stew | Taco Lasagna with Carrots and Pinto Beans Vegetarian: Taco Lasagna with Meatless Grounds | Pepperoni Pizza with Sweet Potato Fries Vegetarian Option: Cheese Pizza | Baked Ziti with Garlic Spinach Vegetarian Option: Lentil Baked Ziti | LUNCH PROGRAM IS CLOSED FOR BUILDING MAINTENANCE |
| 22 | 23 | 24 | 25 | |
| Lasagna with Carrots Vegetarian Option: Lentil Lasagna | Roast Pork with Broccoli and a Dinner Roll Vegetarian: Black Bean Burger Patty | Sweet and Sour Chicken with Edamame and Brown Rice Vegetarian Option: Sub plant-based chicken | Arroz Con Pollo y Queso w/ Corn Vegetarian Option: Arroz y Frijoles con Queso | Baked Cod with Sweet Potato Fries and a Dinner Roll Vegetarian: Baked Lemon Tofu |
| 29 | 30 | | | |

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| <p>Parmesan Chicken Sandwich with Potato Rounds</p> <p>Vegetarian: Sub plant-based chicken patty</p> | <p>Chili Dog with Sweet Potato Fries</p> <p>Vegetarian Option: Plant-based hot dog</p> | <p>Lunch reservations are required, at least 48 hours in advance!...</p> <p>How can I make a reservation? (3 ways)</p> <p>1- In person, while at the Goodman Center, with the meal site's room host.</p> <p>2- Call OUR NEW RESERVATION LINE - 608-817-3126</p> <p>3- Email Abby at abigail@goodmancenter.org</p> |
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