

Cowlitz Senior Nutrition and Activities

Meals are served in Toledo Monday thru Friday. And Tuesday in Longview.

MONTH of April 2018

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1 HAPPY EASTER 	2 Sloppy Joe, Salad, Fruit	3 Chicken Caesar Wrap, Carrot Sticks, Fruit	4 Pizza, Salad, Fruit	5 Chicken Strip Salad, Fruit	6 Fish & Chips, Salad, Fruit	7
8	9 Minestrone Soup, Turkey sandwich, Fruit	10 Philly Cheese Steak Sandwich, Salad, Fruit	11 Chicken Burger, Baked Beans, Fruit	12 Soup and Salad, Fruit	13 Cheese burger, Baked fries, Strawberry spinach salad	14
15	16 Chicken Caesar Salad, Fruit	17 French Dip, Potato salad, Fruit	18 Fried Chicken, Wild Rice, Broccoli, Fruit	19 Taco Soup, Bread, Salad, Fruit	20 Trip to beach (Clam Digging @ Mocrocks) leaving @ 7:30 am	21
22	23 Tuna on wheat, Tomato cucumber salad, Fruit	24 Indian Tacos 😊 Fruit	25 Rueben, Salad, Fruit	26 Chehalis Tribe Elders leaving @ 8am	27 Squaxin Island Elders Leaving @ 8am	28
29	30 Chef Salad, Fruit					

Please contact Deb 360.864.7006
 / 360.864.7003 with any questions, Menu subject to change!
 Milk or Juice and wheat bread by request

