



PLEASANT SENIOR CENTER



Senior Citizens of Humboldt County, Inc.

1480 Lay Street

775-623-6211

APR

2024

MENU ITEMS SUBJECT TO CHANGE, SERVING STARTS @ 12 PM

	MON	TUE	WED	THU	FRI
1	Easter Lunch Pineapple Glazed Ham Scalloped Potatoes Key Largo Veg. Fruit	2 Sesame Chicken Rice Pilaf Oriental Vegetable Fruit	3 BBQ Pork Sandwich Raw Relish Tater Tots Fruit Chili Bean Soup	4 Beef Stroganoff Over Pasta 4 Way Vegetable Fruit	5 Breaded Pollock Parsley Potatoes Bermuda Vegetable Fruit
8	Beef Taco Refried Beans Mexi Corn Fruit	9 BBQ Chicken Potato Salad Steamed Spinach Fruit	10 Beef Tips over Steamed Rice 5 Way Vegetable Fruit	11 Pork Loin In Mushroom Gravy Parsley Potatoes San Francisco Veg. Fruit	12 Cheese Burger W/ Lettuce, Tomato, Red Onion Tater Tots Fruit
15	Beef Goulash Garlic Toast Salad Fruit	16 BBQ Pork Ribs Company Potatoes Capri Vegetable Fruit	17 Birthday Lunch Chicken Fried Steak Mashed Potatoes w/ Country Gravy Green Beans Fruit	18 Chicken Parmesan Over Pasta Italian Vegetable Fruit	19 Tuna Sandwich w/ Lettuce & Tomato Chips Fruit
22	Brunch Served @ 10:30 Biscuits & Gravy w/ Low Sodium Sausage Eggs w/Veggies V-8	23 Chicken Tenders Rice Pilaf California Vegetable Fruit	24 Roast Beef Mashed Potatoes w/ Brown Gravy Glazed Carrots Fruit	25 Hot Turkey Sandwich W/Poultry Gravy Cranberry Sauce Winter Vegetable Fruit	26 Meat Loaf Baked Potato Malibu Vegetable Fruit
29	Turkey Sandwich Clam Chowder Chips Fruit	30 Pork Chop Baked Potato Key West Vegetable Fruit	The suggested minimum contribution is \$4.00 for seniors age 60 and older. Visitors must be 12 or older. There is a \$10.00 charge for anyone under age 60.		
**Hot Soup and croutons served daily at 11am. Salad days includes mixed lettuce, tomato, beets, baby corn, olives and three bean salad. Whole wheat bread and low fat milk available daily			Safety of food after it has been served & taken from the center is the responsibility of the consumer.		