



# Lunch menu

## April 2019

Mon	Tues	Wed	Thur	Fri
<b>1</b> Baked ham Steamed cabbage Harvard beets Yams Gelatin with fruit Beverage	<b>2</b> Chicken fricasse Tossed salad with dressing Steamed squash with onions Rice Fresh fruit Beverage	<b>3</b> Salisbury steak with gravy Mashed potatoes Green beans Whole wheat roll Orange Beverage	<b>4</b> Barbequed chicken on the bone Broccoli Carrots Rice Applesauce Beverage	<b>5</b> Spaghetti with meat sauce Tossed salad with Italian dressing Steamed broccoli Garlic bread Apple cobbler Beverage
<b>8</b> Cheeseburger on whole wheat bun with lettuce, tomatoes, onions, ketchup, mustard, mayonnaise Baked beans Cinnamon baked apples Beverage	<b>9</b> Vegetable beef stew Green peas Corn muffin Peach cobbler Beverage	<b>10</b> Chicken breast with mushroom gravy Italian green beans Mashed potatoes Whole wheat roll with margarine Fresh fruit Beverage	<b>11</b> Chipped chicken BBQ sandwich Steamed broccoli Whole kernel & creamed corn Whole wheat bun Yogurt Beverage	<b>12</b> Lemon baked fish Stewed tomatoes and okra Cole slaw Rice Fruit cup Beverage
<b>15</b> Chicken and dumplings Green peas Carrots Yogurt Beverage	<b>16</b> Salisbury steak with gravy Mashed potatoes Steamed broccoli Fruit cup Beverage	<b>17</b> Smoked sausage with peppers and onions Field peas Cabbage Rice Oatmeal cream cookie Beverage	<b>18</b> Chicken fricasse Green beans Tossed salad with dressing Rice pilaf Apple cobbler Beverage	<b>19</b> Tuna salad Lettuce and tomato Mayonnaise Three bean salad Whole wheat hoagie roll Banana Beverage
<b>22</b> Cheeseburger on whole wheat bun with lettuce, tomatoes, onions, ketchup, mustard, mayonnaise Cole slaw Fresh fruit Beverage	<b>23</b> Oven fried chicken breast with gravy Black-eyed peas Greens Corn muffin with margarine Oatmeal cream cookie Beverage	<b>24</b> Spaghetti with meat sauce Tossed salad with dressing Garlic bread Banana pudding with wafers Beverage	<b>25</b> Roast beef au jus Rutabagas Lima beans Rice Gelatin with fruit Beverage	<b>26</b> Chicken salad on a bed of lettuce and tomato Potato salad Crackers Fresh fruit Beverage
<b>29</b> Baked ham Steamed cabbage Harvard beets Yams Gelatin with fruit Beverage	<b>30</b> Chicken fricasse Tossed salad with dressing Steamed squash with onions Rice Fresh fruit Beverage			

\*Menu subject to market availability

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