

April
Menu
2020



CAP AGENCY
CONGREGATE DINING and
HOME DELIVERED MEALS
A SENIOR SERVICE OF
SCOTT-CARVER-DAKOTA
CAP AGENCY, INC.



FOR YOUR
DINING
PLEASURE

Monday	Tuesday	Wednesday	Thursday	Friday
		1	2	3
		Chicken Strips Mac & Cheese Steamed Broccoli Fresh Orange Blueberry Muffin	Pork Loin w/ Cherry Glaze Roasted Potatoes Italian Vegetables Tea Biscuit w/ Butter Sliced Peaches Cookie <i>Alternate: Chicken Breast with Cherry Glaze</i>	Tator Tot Hotdish Capri Vegetables Cantaloupe Dinner Roll w/ Butter English Toffee Cookie <i>Alternate: Baked Fish and Rice</i>
6	7	8	9	10
White Turkey Chili Corn Muffin Winter blend Vegetables Diced Pears Snickerdoodle Cookie	Baked Chicken Rigatoni Glazed Carrots Garlic Toast Fresh Pear Sugar Cookie	Beef Meatloaf Mashed Potatoes Green Beans Dinner Roll w/ Butter Banana Bar	Tomato Soup Egg Salad on Croissant Garden Salad with Cherry tomato/cROUTONS Italian Dressing Blueberry Muffin	Breaded Pollock Fillet Tartar Sauce White Rice CA Blend Vegetables Garlic Bread w/ Butter Diced Peaches Apple Strudel Bites <i>Alternate: Chicken Breast in Lemon Pepper Sauce</i>
13	14	15	16	17
Salisbury Steak Cheesy Hash Browns Mixed Vegetables Dinner Roll w/ Butter Fresh Apple	Chicken Wild Rice Soup Garden Salad w/ Ranch Breadstick w/ Butter Fresh Pear Cherry Strudel	Pulled Pork on a Bun Baked Beans Green Peas 9 Grain Roll w/ Butter Lemon Bar <i>Alternate: Chicken Strips</i>	Open Faced Turkey Sandwich Mashed Potatoes w/ Gravy Capri Vegetables Pineapple Tidbits English Toffee Cookie	Baked Fish with Panko Parmesan Tartar Sauce Rice Pilaf Mediterranean Vegetables Multi Grain Bread w/ butter Fresh Orange <i>Alternate: Chicken Parmesan w/ Marinara</i>
20	21	22	23	24
Tuscan Chicken & Vegetable Stew Dinner Roll w/ Butter Potato Salad Warm Apple Slices Cherry Fluff	Roasted Turkey Mashed Potatoes w/ Gravy California Vegetables Dinner Roll w/ Butter Diced Peaches Apple Pie	Sloppy Joe on a Bun JoJo Potatoes Coleslaw Fresh Banana Chocolate Chip Cookie	Chicken Parmesan Penne Pasta w/ Marinara Mixed Vegetables Fresh Orange Sugar Cookie	Tilapia Almondine Tartar Sauce Parsley Orzo Lima Beans Dinner Roll w/ Butter Peach Cobbler <i>Alternate: Lemon Chicken</i>
27	28	29	30	
Chicken Gumbo Steamed Rice Chef's Choice Vegetable French Bread w/ Butter Fresh Orange Oatmeal Raisin Cookie	Baked Potato Soup Turkey Sandwich On a Hoagie Mustard/Mayo Coleslaw Rosy Applesauce Chef's Choice Cookie	Beef Pot Roast Mashed Potatoes w/ Gravy Carrots Dinner Roll w/ Butter Chocolate cake w/ icing Rcd: no icing	Italian Meatloaf Mashed Potatoes w/ Gravy Green Beans Fresh Banana Blueberry Muffin	

Reservations and Cancellations must be made three days in advance.

Meals include 1% milk and butter. RCD=restricted calorie dessert. If you are on a reduced calorie diet, please inform the site coordinator so the appropriate food can be delivered to you. We use only fresh, light or juice packed fruits; vegetables are served without salt or fat. Questions regarding meals or options can be directed to the site coordinator in your community at the numbers listed below, Monday through Friday mornings. Thank you for dining with CAP Agency Senior Nutrition!

SENIOR NUTRITION SITES

SCOTT COUNTY		CARVER COUNTY		DAKOTA COUNTY	
Belle Plaine	952-873-6311	Chaska (Different Menu)	952-361-5072	Apple Valley (different menu)	612-669-2910
Jordan	952-492-2208	Chanhausen	952-227-1127	Eagan (different menu)	612-987-9321
New Prague	952-758-2652	Waconia-HDM Only	952-442-5478	Farmington-HDM Only	612-940-9590
Prior Lake	952-447-8895			Hastings	651-604-7625
Shakopee-HDM Only	952-402-9814			Inver Grove Heights (different menu)	612-987-9321
(Different Menu)				Lakeville	612-669-2913
				Mendota Heights (different menu)	612-987-9321
				Rosemount (different menu)	612-669-2910

CAP Agency Senior Nutrition is funded through the Federal Older Americans Act by a contract with the Metropolitan Area Agency on Aging, state appropriations, CAP Agency and participant contributions. Your comments are welcome. Program staff can be reached at the Shakopee Office at 952-402-9855.