



Charlotte



April 2024

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
4/1/2024	4/2/2024	4/3/2024	4/4/2024	4/5/2024
Meatloaf w/Tomato Gravy Whipped Potatoes Mixed Vegetables Dinner Roll Grape Juice Milk Margarine	Chicken Fajitas Black Beans & Rice Fiesta Vegetable Blend Flour Tortilla Fudge Crème Cookie Milk Margarine	Beef/Turkey Sloppy Joe Vegetarian Baked Beans Sliced Carrots Wheat Hamburger Bun Seasonal Fruit Milk	Teriyaki Braised Pork Brown Confetti Rice Broccoli Dinner Roll Tropical Fruit Milk Margarine	Chicken Chef Salad Pasta Salad Beet Salad Wheat Crackers Banana Milk Ranch Dressing
4/8/2024	4/9/2024	4/10/2024	4/11/2024	4/12/2024
Beef/Chicken Sweet & Sour Meatballs Rice Pilaf Green Peas w/Peppers Dinner Roll Pineapple Tidbits Milk Margarine	BBQ Braised Pork Roast Twice Whipped Potatoes Tossed Salad Dinner Roll Fruit & Grain Bar Milk Margarine Ranch Dressing	Pinto Beans Macaroni & Cheese Collard Greens Cornbread Applesauce Milk Margarine Vinegar	Lemon Pepper Chicken Thigh Garlic Whipped Potatoes Mixed Vegetables Dinner Roll Seasonal Fruit Milk Margarine	Beef Patty Lettuce, Tomato, & Onion Vegetarian Baked Beans Hamburger Bun Mixed Fruit Cobbler Milk Mustard/Ketchup
4/15/2024	4/16/2024	4/17/2024	4/18/2024	4/19/2024
Chicken Parmesan Buttered Penne Green Beans Dinner Roll Mandarin Oranges Milk Margarine	Beef Taco Meat Spanish Rice Mixed Beans Flour Tortilla Seasonal Fruit Milk Taco Sauce	Ham & White Beans Whipped Potatoes Mixed Greens Cornbread Applesauce Milk Margarine	Beef/Chicken Swedish Meatballs Egg Noodles Green Peas w/Peppers Dinner Roll Pineapple Tidbits Milk Margarine	Sliced Turkey Breast Swiss Cheese Orange Juice Potato Salad Wheat Bread (2) Baked Cookie Milk Mustard
4/22/2024	4/21/2024	4/22/2024	4/23/2024	4/24/2024
Cranberry Dijon Braised Pork White Rice Broccoli Dinner Roll Pineapple Tidbits Milk Margarine	Salisbury Beef w/Gravy Whipped Red Skin Potatoes Parslied Carrots Dinner Roll Fruited Gelatin Milk Margarine	Bourbon Chicken Thigh Creamed Corn Lima Beans Dinner Roll Applesauce Milk Margarine	Beef Spaghetti Casserole Green Peas Tossed Salad Dinner Roll Tropical Fruit Milk Margarine Ranch Dressing	Chicken Salad Tomato & Lettuce Kidney Bean Salad Wheat Bread (2) Orange Juice Milk
4/29/2024	4/30/2024	<p style="text-align: center;">LunchPlus Club at Bethpage Presbyterian Church 6020 Mooresville Road, Kannapolis, NC 28081 www.bethpagechurch.org Please call 704-794-7239 by Noon the day before you wish to attend.</p>		
Meatloaf w/Tomato Gravy Whipped Potatoes Mixed Vegetables Dinner Roll Grape Juice Milk Margarine	Chicken Fajitas Black Beans & Rice Fiesta Vegetable Blend Flour Tortilla Fudge Crème Cookie Milk Margarine			

Adrienne Mauri, MHS, RDN, LDN

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April 2024

Monday	Tuesday	Wednesday	Thursday	Friday
 <h2>NW Cabarrus LunchPlus Club</h2> 				
1 10:00 Easter Celebration	2	3 10:00 Bingo 10:45 NW Cabarrus LunchPlus Club Meeting	4 10:30 Tai Chi	5 10:00 Bingo
8 10:00 Chair Exercise 10:30 Craft	9	10 10:00 Bingo	11 10:30 Tai Chi 11:00 Chore Program by Cabarrus County Adult and Aging	12 10:00 Bingo
15 10:00 Chair Exercise	16	17 10:00 Bingo 10:00 National Hostess Twinkie and Animal Cracker Day (Treat)	18 10:30 Tai Chi 11:00 Strokes by Pruitt Health @ Home	19 10:00 Bingo
22 10:00 Chair Exercise 10:30 Find a Rainbow Craft	23 10:00 Barbershop Quartet (Name That Tune) 11:00 Facts about Sugar by Patina Health	24 10:00 Bingo	25 11:45 Volunteer Appreciation 10:30 Tai Chi 11:00 Cabarrus County Library	26 10:00 Bingo
29 10:00 April Birthday Celebration and Circus Day	30	