



April 2019



Sun

Mon

Tue

Wed

Thu

Fri

Sat

HIGHMARK WALK INFO Saturday, May 11, 2019 Stage AE, Northshore, Pittsburgh
 7:45 am Registration, 9:00 am 5K Walk, 9:15 am One Mile Fun Walk
OUR GOAL IS TO RAISE \$10,000
 You can donate through the Highmark Walk website at www.walkforahealthycommunity.org



	1 Sliced Pork w/ gravy, whipped potatoes, mixed vegetables, dinner roll, pineapple cuts Cal. 632	2 Roast Beef w/ gravy, savory potatoes, tossed salad, gala apple Cal. 634	3 Beef Porcupine Meatballs in sauce, noodles, green beans, honey wheat bread, orange Cal. 700	4 Herb Baked Chicken Breast w/gravy, yams, broccoli florets, bread, fruit cocktail Cal. 633	5 Tuna Salad, potato salad, marinated cucumbers, rye bread, banana Cal. 624	6
7	8 Chicken Breast w/ piccata sauce, gourmet potatoes, peas & pearl onions, bread, red apple Cal. 655	9 BBQ Beef w/sauce, whipped potatoes, orange glazed carrots coins, wheat bun, fruit cocktail Cal. 655	10 Boneless Pork Loin w/gravy, lemon potatoes, broccoli florets, rye bread, applesauce Cal. 627	11 Springs w/Beef Meatballs in sauce, tossed salad, Italian bread, orange Cal. 700	12 Cod w/dill sauce, au gratin potatoes, stewed tomatoes, bread, sliced peaches Cal. 624	13 Mon Valley Center Monthly \$1000 Bingo
14	15 Turkey w/gravy, yams, brussels sprouts, bread, orange, graham crackers Cal. 612	16 Swiss Steak w/ tomato-onion sauce, broccoli & cauliflower, barley, peach & pear cuts Cal. 662	17 Beef Cabbage Roll, whipped potatoes, mixed vegetables, bread, yellow apple Cal. 622	18 Beef Coney Island Hot Dog w/sauce, green beans w/red pepper, bun, tangerine Cal. 630	19 Four Cheese Baked Ziti, spinach salad, multi-grain dinner roll, banana Cal. 602	20
21	22 Creole Chicken w/ sauce, broccoli florets, brown rice, wheat bread, pear cuts Cal. 638	23 Pork Dijon w/ sauce, whipped potatoes, sliced beets, honey wheat bread, orange Cal. 669	24 Birthday Menu Italian Beef Meatballs w/marinara sauce, red potatoes, green beans, fudge brownie Cal. 746	25 Cod w/lemon pepper, macaroni & cheese, stewed tomatoes & zucchini, rye bread, banana Cal. 645	26 Open Face Beef Meatloaf Sandwich, w/gravy, scalloped potatoes, carrots, bread, pineapple tidbits Cal. 669	27
28	29 Beef Tips w/ gravy, whipped horseradish potatoes, peas, wheat bread, peach cuts Cal. 677	30 WhiteTuna Salad, marinated tomatoes, chick pea salad, dinner roll, macintosh apple Cal. 618	Chartiers 412-276-5056 Wildwood, New Jersey May 19-22 \$378.00 pp/dbl			