



April 2026 Lunch Menu

Café Hours: M-F 6:30-AM – 3:00 PM

Serving Hot Breakfast 6:30AM to 9:30 AM

Serving Hot Lunch: 11:00 AM to 1:30 PM

Happy Hour: 2:00pm-3:00pm

<p>At least 4 out of 5 lunch meals we serve during the week follow the plate method, which encourages a balanced plate: half filled with non-starchy vegetables, one-quarter with lean protein, and one-quarter with healthy carbohydrate. The Apple a Day café only uses lean cooking techniques such as baking, broiling, boiling, grilling, roasting, and air frying to prepare our meals. Menu approved by RD. Milk available upon request.</p>		<p>1st Oven Fried Pork Chops Southern Green Beans Mashed Potatoes w/ Gravy</p> <p>Creamy Tortellini w/ Broccoli Vegetarian Chili</p>	<p>2nd Honey Glazed Ham Roasted Brussels w/ Balsamic and Bacon Mashed Potatoes and Gravy Dinner Roll</p> <p>French Onion Soup</p>	<p>3rd Spaghetti w/Meat Sauce Caesar Salad Garlic Bread</p> <p>Spaghetti w/Marinara Sauce California Medley Soup</p>
<p>6th Tuscan Salmon and Chicken Apple and Kale Salad Lemon Orzo</p> <p>Beef and Barley Soup</p>	<p>7th Chicken and Green bean stir fry Vegetable Eggs Rolls White rice</p> <p>Tofu Teriyaki Stir Fry Vegetable Beef Soup</p>	<p>8th BBQ Pulled Pork Sandwich Cole Slaw Baked Beans Macaroni and Cheese</p> <p>Mushroom Stroganoff Wicked Thai Soup</p>	<p>9th Spinach stuffed Chicken Roasted Carrots Herbed Couscous</p> <p>Grilled Vegetable Bake Smokey Poblano Soup</p>	<p>10th Pineapple BBQ Meatballs Garlic Green Beans Kimchi Fried Rice</p> <p>Creamy Shells Florentine Tomato Basil Soup</p>
<p>13th Mediterranean Chicken Breast Roasted Zucchini Roasted Potato Medley</p> <p>Spinach stuffed portobello Mushroom Brie Bisque</p>	<p>14th Build a Potato & Sweet Potato Bar w/ Assorted Toppings</p> <p>Chicken and Gnocchi Soup</p>	<p>15th Sloppy Joes Curly Fries Broccoli Salad</p> <p>Vegetarian Sloppy Joe Chicken and Rice Soup</p>	<p>16th Rustic Salmon Ceasar Salad Green Beans Creamy Risotto</p> <p>Cheese Ravioli Chicken Tortilla Soup</p>	<p>17th Chicken or Beef Tacos Spanish Roasted Cauliflower Sanchez Rice Black Beans</p> <p>Poblano Queso Dip w/ Chips Smokey Poblano Soup</p>
<p>20th Pork Street Tacos Mango Pineapple Salsa Refried Beans with Jalapeno Peppers and Cheese Spanish Rice</p> <p>Pasta Faggioli Soup</p>	<p>21st Gyros (Chicken or Traditional) Mediterranean Cucumber Salad Tzatziki Sauce Hummus w/ Naan Fresh Fruit Medley</p> <p>French Onion Soup</p>	<p>22nd Build a Sandwich Bar Assorted meats, breads, and cheeses</p> <p>Broccoli Cheddar Soup</p>	<p>23rd Cabbage Rolls Garden Salad Garlic Bread</p> <p>Vegetarian Cabbage Rolls Vegetable Beef Soup</p>	<p>24th Shrimp Scampi Buttered Noodles Roasted Asparagus Garlic Breadsticks</p> <p>Chicken and Gnocchi Soup</p>
<p>27th Orange Glazed Salmon Asparagus Rice Pilaf</p> <p>Grilled Veggie Bake Broccoli Cheddar Soup</p>	<p>28th Bourbon Glazed Chicken Steamed Broccoli White Rice</p> <p>Shells Florentine Potato Soup</p>	<p>29th Corden Bleu Roasted Vegetable Medley Rice Pilaf</p> <p>Grilled Veggie Bake Cheeseburger Soup</p>	<p>30th Pizza by the Slice: BBQ Chicken, All Meat, Cheese, or Pepperoni Garden Salad Bosco Stick w/ marinara</p> <p>Tomato Basil Soup</p>	

