

The Woman's Club of Roland April & May 2024 Menus

Date	Option	Menu
Week 21 Apr 4	1 Protein Main	Oven-roasted ham with buttery mashed potatoes and steamed green beans
	2 Vegetarian- Gluten-Free	Oven-roasted portobello mushroom with buttery mashed potatoes and steamed green beans
	Dessert	Double chocolate brownie
Week 22 Apr 11	1 Protein Main	Grilled chicken, Tuscan-style pasta with arugula and baguette
	2 Vegetarian- Gluten-Free	Grilled cauliflower, Tuscan-style pasta with arugula and baguette
	Dessert	Tiramisu
Week 23 Apr 18	1 Protein Main	Grilled salmon with honey barbeque glaze, quinoa salad, roasted squash
	2 Vegetarian- Gluten-Free	Grilled eggplant steaks with honey barbeque glaze, quinoa salad, roasted squash
	Dessert	Pineapple upside-down cake
Week 24 Apr 25	1 Protein Main	Chicken salad on butter lettuce, served with broccolini, mini croissant and saffron rice
	2 Vegetarian- Gluten-Free	Grilled zucchini and squash on butter lettuce, served with broccolini, mini croissant and saffron rice
	Dessert	Lemon tart with fresh whipped cream

Week 25, May 2 – SPRING TEA, member-prepared buffet lunch

Week 26 May 9	1 Protein Main	BOXED LUNCH: Turkey, bacon & avocado sandwich, served with chips, apple & bottled water
	2 Vegetarian- Gluten-Free	BOXED LUNCH: Four season caprese sandwich, served with chips, apple & bottled water
		AGING WELL EXPO
Week 27 May 16	1 Protein Main	Chipotle chicken, lime and green onions rice, stewed black beans
	2 Vegetarian- Gluten-Free	Chipotle cauliflower, lime and green onions rice, stewed black beans
	Dessert	Tres leches cake