

CARTERET COUNTY SENIOR CENTER MENU

APRIL 2026 252-247-2626

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
		1 Sm. Sausage, Dry Limas, Cabbage, Mixed Fruit, Roll, 2% Milk	2 R. Beef, N Beans, Turnips, Orange, Roll, 2% Milk	CLOSED
6 Pork Roast, Stewed Potatoes, St Beans, Peaches, Roll, 2% Milk	7 Spaghetti w/ Meatballs, Mixed Veggies, Applesauce, Roll, 2% Milk	8 Baked Chicken w/ gravy, Boiled Pots, Collards, Mixed Fruit, Biscuit, 2% Milk	9 Fish Patty, Baked Beans, Slaw, Cornbread, Orange, 2% Milk	10 Sloppy Joe, Corn, String Beans, Raisins, Roll, 2% Milk
13 Hamburger Steak w/ gravy, Mashed Pots, Turnips, Pears, Roll, 2% Milk	14 Chili w/ Kidney Beans, Corn, Applesauce, Saltines, 2% Milk	15 Roast Pork w/ gravy, Navy Beans, Carrots, Jello w/mixed fruit, Biscuit, 2% Milk	16 Chicken Parm, Winter Blend, Peaches, Roll, 2% Milk	17 Beef Tips, Rice, Collards, Pineapples, Cornbread, 2% Milk
20 Chicken w/Rice, Corn, Sliced Apples, Roll, 2% Milk	21 Turkey w/ gravy, Mashed Pots, Green Peas, Peaches, Rolls, 2% Milk	22 Chicken-fried Steak, N. Beans, Carrots, Pears, Rolls, 2% Milk	23 Pork Roast w/ gravy, Yams, Mustard Greens, Mixed Fruit, Rolls, 2% Milk	24 Stew Beef w/ Pots and Veggies, June Peas, Raisins, Roll, 2% Milk
27 Ham, Yams, Green Peas, Pineapples, Roll, 2% Milk	28 Pepper Steak, M. Pot, Field Peas, Applesauce, Whole Wht. Bread, 2% Milk	29 Sm. Sausage, Dry Limas, Cabbage, Mixed Fruit, Roll, 2% Milk	30 R. Beef, N Beans, Turnips, Orange, Roll, 2% Milk	

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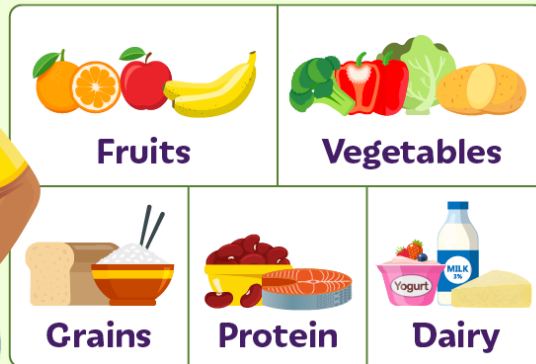
Seniors must be at least 60 years old and be registered with the Senior Center. Eligible participants must agree to register for lunch at least three (3) times a week in order to be considered an active participant

5 Tips for Choosing Healthier Foods as You Age

Follow these tips to help you maintain a healthy weight, get needed nutrients, and lower your risk of developing certain diseases.



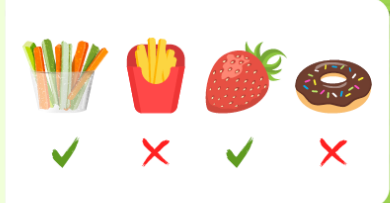
Eat a variety of foods each day.



Read food labels to learn what's in your food.



Choose foods that don't have a lot of sugar, saturated fats, and sodium.



Be aware of how many calories you need per day.

Women 60+		Men 60+	
Physical activity	Calories	Physical activity	Calories
Not active	1,600	Not active	2,000-2,200
Moderately active	1,800	Moderately active	2,200-2,400
Very active	2,000-2,200	Very active	2,400-2,600

Keep a food diary to track what you eat.



Learn more about healthy eating as you age at www.nia.nih.gov/healthy-eating.