








NUTRITION AND SERVICES FOR SENIORS
MAY 2019

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
CARENET	CARENET	MAY 1 *5	MAY 2 *4	MAY 3 *5
AVAILABLE NOW @ Nutrition and Services FOR SENIORS EMERGENCY RESPONSE SYSTEMS CONTACT LOTTIE @ 892-4455 OR 722-7782 ONLY \$30.00 PER MONTH		Turkey Tetrazinni Green Beans Roll Ambrosia Juice  HUG YOUR CAT DAY	Tuna Salad on Lettuce Tomato & Onion Broccoli Salad Pita Bread Fruit Cup Milk 	Chicken Pot Pie Yellow Squash Biscuit Jello w/Pineapple Juice 
MAY 6 *5	MAY 7 *4	MAY 8 *6	MAY 9 *6	MAY 10 *6
Crab Cakes Tartar Sauce Parsley Potatoes Okra & Tomatoes Roll Applesauce Juice  NAT'L WALKING WEEK	Chicken Parmesan w/Pasta Italian Mixed Vegetables Spiced Peaches Milk 	Beef Soft Tacos Refried Beans Spanish Rice Cheese, Lettuce Tomatoes, Onions Tortilla Sugar Cookie Juice  HAVE A COKE DAY	Salisbury Steak w/Gravy Mashed Potatoes Spinach Roll Diced Pears Milk 	Chili w/Beans & Cheese Rice California Blend Vegetables Cornbread Yogurt Juice  NATIONAL SHRIMP DAY
MAY 13 *5	MAY 14 *5	MAY 15 *4	MAY 16 *6	MAY 17 *4
Meatballs w/ Spanish Sauce Mashed Potatoes Broccoli Roll Orange Slices Juice  FROG JUMPING DAY	Black-eyed Peas w/Ham Slice Collard Greens Cornbread Vanilla Pudding Milk  DANCE LIKE A CHICKEN DAY	Baked Chicken Legs Squash Casserole Cornbread Lemon Pudding Juice  NYLONS DAY	Chicken Alfredo Rotini Steamed Baby Carrots Breadstick Cinnamon Apples Milk  MIMOSA DAY	Pork Chops and French Onion Rice Brussels Sprouts Roll Pear Crisp Juice  NAT'L EGG MONTH
MAY 20 *5	MAY 21 *6	MAY 22 *6	MAY 23 *4	MAY 24 *5
BBQ Beef w/Onions & Cheese Bun Green Beans Oven Browned Potatoes Fruit Cup Juice  BIRTHDAY OF BLUE JEANS	Beef Tater Bake Kidney Beans Cauliflower w/ Red Peppers Applesauce Milk  AMERICAN RED CROSS BIRTHDAY	Crunchy Fish Patty Tartar Sauce Chuckwagon Corn Tater Tots Wheat Bread Yogurt Juice  NATIONAL BIKE MONTH	Baked Chicken Thighs California Blend Vegetables Roll Blueberry Muffin Milk  World Turtle Day May 23	Hamburger Steak w/Gravy Mashed Potatoes Zucchini Roll Orange Slices Juice  INTL' TIARA DAY
27-May	MAY 28 *5	MAY 29 *4	MAY 30 *5	MAY 31 *5
CLOSED  MEMORIAL DAY	Spaghetti & Meat Sauce w/ Parmesan Cheese Broccoli Cinnamon Apples Milk  OUTER SPACE MONTH	Chicken Paprika Cabbage Carrots Roll Chocolate Pudding Juice  WORLD OTTER DAY	Steak Fingers w/ Cream Gravy Mashed Potatoes Capri Blend Vegetables Diced Peaches Milk  NATIONAL WATER A FLOWER DAY	Sausage & Potatoes Stewed Tomatoes Roll Pineapple Chunks Juice  World No Tobacco Day 31 May NO TOBACCO DAY

MILK OR JUICE SERVED WITH EACH MEAL
SUBSTITUTIONS MAY BE MADE DUE TO DELIVERY OF PRODUCTS

*** INDICATES
CARB EXCHANGES**