

Nutrition & Services for Seniors

May 2021

MON	TUE	WED	THU	FRI
3 *4	4 *6	 5	6 *5	7 *5
Chicken Paprika Cabbage Steamed Carrots Roll  Yogurt Juice	Beef Patty w/Lima Beans Cali Blend Veggies Cornbread Vanilla Pudding Juice	Beef Soft Tacos Pinto Beans Spanish Rice Cheese, Lettuce Tomatoes, Onions Tortilla Peanut Butter Cookie Milk *4	Baked Airline Chicken Breast Twice Baked Potatoes Green Beans w/ Peppers/Onions Broccoli Salad Yeast Roll Asst. Muffins Milk	Italian Meatballs Diced Potatoes Spinach Baby Carrots Fruit Cup Juice 
10 *5	11 *5	12 *5	13 *5	14 *6
Pork Stew Rice Yellow Squash Roll Ambrosia Juice	Chili w/beans and Cheese Rice Capri Veggies Cornbread Diced Peaches Milk	Chicken Strips w/Honey Mustard Green Peas Roasted Potatoes Applesauce Juice 	Spaghetti w/Meat Sauce & Parmesan Green Beans Breadstick Spiced Peaches Milk	Crunchy Fish Patty Tartar Sauce Chuck wagon Corn Tater Tots Wheat Bread Orange Slices Juice
17 *5	18 *5	19 *6	20 *5	21 *5
Chicken & Rice Casserole Broccoli Spiced Pineapple Pineapple  Milk	Black-eyed Peas w/Ham Slice Collard Greens Cornbread Choc Pudding Juice	Chicken Thighs Rice & Gravy Okra Roll Choc Chip Cookie Juice	Cheeseburger Lettuce/Tomato Onion/Pickle/Bun Mustard/Mayo Green Beans Roasted Potatoes Apple Milk	Beef Broccoli Stir-Fry Brown Rice Yellow Squash Roll Yogurt Juice 
24 *5	25 *4	26 *5	27 *4	28 *5
Meatloaf w/Gravy Mashed Potatoes Peas & Carrots Roll Raisins Juice	Chicken Parmesan w/Pasta Italian Veggies Cinnamon Apples Milk 	Pork Chops French Onion Rice Brussels Sprouts Roll Pear Crisp Juice	Chicken Salad Pickled Beets Cucumber/Onion Salad Crackers Fruit Cup Milk	Salisbury Steak w/Gravy Mashed Potatoes Zucchini Corn/Pepper Blend Diced Pears Juice
31 - Closed				
				
				9-May

*Carb Exchanges

Milk or Juice served with each meal. Substitutions may be made due to delivery of products.