

Nutrition & Services for Seniors

May 2022

| MON | TUE | WED | THU | FRI |
|--|---|--|--|--|
| 2 | 3 | 4 | 5 | 6 |
| Cheese Omelet Topped w/ Chuck Wagon Corn Spanish Rice Baked Beans Tortilla, Juice | Beef Tips w/Gravy Potatoes, Carrots Pudding Roll Juice | Breaded Chicken Patty Mashed Potatoes Green Beans Fresh Fruit Roll, Milk | Cheeseburger w/Trimming Bun, Tator Tots Broccoli Fresh Fruit Juice | Spaghetti w/Meat Sauce, Parmesan Cheese Yellow Squash Garlic Knot Fruit Cup, Milk |
| 9 | 10 | 11 | 12 | 13 |
| Chicken Tenders Oven Brownd Potatoes English Peas Yogurt Juice | Hamburger Steak w/Gravy, Mashed Potatoes, Greens, Roll Pudding Juice | Honey Lime Chicken Brown Rice Zucchini Pita Bread, Spiced Pears, Milk | Krab Salad Pickled Beets Tomato & Onion Salad, Crackers Yogurt, Juice | Sausage on Bun w/BBQ Sauce Potato Salad Baked Beans Fresh Fruit Milk |
| 16 | 17 | 18 | 19 | 20 |
| Meatloaf w/ Gravy Mashed Potatoes Okra & Tomatoes Roll, Fruit Cup Milk | Lasagna Garlic Knot Carrots Romaine & Tomato Salad w/Dressing Juice | Chicken Fajitas Onions/Peppers Cheese Spanish Rice Spiced Peaches Tortilla, Milk | Beef Tacos w/Lettuce Tomatoes/Cheese Spanish Rice, Pintos Tortilla Yogurt, Juice | Turkey & Rice Casserole Yellow Squash Yogurt Juice |
| 23 | 24 | 25 | 26 | 27 |
| Stir-Fry Chicken Mac & Cheese Green Beans Roll, Fruit Milk | Beef Enchiladas w/Red Sauce Refried Beans Corn & Peppers Tortilla Yogurt Juice | Fish Sticks Tartar Sauce Cabbage Cornbread Vanilla Pudding w/5 Vanilla Wafers Juice | Baked Potato w/BBQ Beef Cheese Broccoli Baked Beans Yogurt Juice | Meatballs w/Gravy, Rice California Veg Blend Roll, Fruit Milk |
| 30 | 31 |  <p><i>Mother's Day</i></p> <p>8-May</p> | | |
| CLOSED <i>Memorial Day</i> | Chicken Breast w Peppers & Onions Marinara Sauce Parmesan Cheese Carrots, Garlic Knot Fruit Cup, Juice | | | |