



SENIOR LUNCH MENU

May 2018



Monday	Tuesday	Wednesday	Thursday	Friday
 7 Dixie Chicken, Black Eye Peas, Mixed Vegetables, Birthday Cake	1 Chicken Florentine, Bread Dressing, Cauliflower & Red Peppers, Fruit Crisp	2 Chopped Steak, Mashed Potatoes, Gravy, Peas & Mushrooms, Fresh Fruit	3 Roasted Chicken, Corn Pudding, Carrot Coins, Mandarin Oranges, Gelatin Cubes	4 Sliced Roast Beef, Mashed Potatoes, Fresh Broccoli, Berry Trifle
14 Pepper Steak w/ gravy, Rice, Vegetable Medley, Tropical Fruit Salad	8 Honey Glazed Turkey, Parmesan Potatoes, Succotash, Fruit Crisp	9 Beef Stroganoff, Jefferson Noodles, Carrot Coins, Sliced Peaches, Pound Cake	10 Tuna & cheese Lasagna, Tossed Salad w/dressing, Baked Sliced Apples, Cookie	11 Maple Glazed Pork Chop, Baked Potato, Cheese Sauce, Broccoli, Fruit Cobbler
21 Crispy Baked Fish, Creamy Pasta Salad, Calico Coleslaw, Fresh fruit, Pound Cake	15 Cornflake Chicken, Macaroni & Cheese, Zucchini & tomatoes, Fruit Crisp	16 Sliced Turkey w/ gravy, Yam Patties, Cheesy Spinach, Fruit Salad/ Chocolate Chip Cookie	17 Meatloaf, Mashed Potatoes, gravy, Confetti Coleslaw, Assorted Cake	18 Stuffed Peppers, Zucchini casserole, Peanut Butter Cookie
28 Stuffed Peppers, Green Beans, Stewed Tomatoes, Chocolate Chip Cookie	22 Fiesta Pork Chop, Rice, Black Eye Peas, Pear Delight	23 Beef Tips w/ mushroom gravy, Parslied Noodles, Zucchini Casserole, Fresh Fruit/Poke cake	24 Spinach, Mushroom & Cheese Lasagna, Caesar Salad w/dressing, Strawberries w/topping	25 Oriental Pepper Steak, Parslied Rice, Green Beans, Fruit Trifle
29 Italian Meat Sauce, Jefferson Noodles, Caesar Salad w/ dressing, Rosy Pears	30 Chicken Rice Casserole, Corn O'Brien, Baby Carrots, Fresh Fruit Salad	31 Turkey Croquette, Parmesan Potatoes, Confetti Coleslaw, Cake w/ frosting		

Healthy Tip of the Month:

Cut Back on Added Sugars.

Food and drinks, with added sugars can contribute empty calories and little or no nutrition. Reviewing ingredients on the food label can help you identify sources of added sugar. Visit: www.choosemyplate.gov for more information.

All meals are served with Dinner Roll and 2% or Skim

