




SENIOR LUNCH PROGRAM



May 2019



Monday	Tuesday	Wednesday	Thursday	Friday
		1 Chicken Rice Casserole, Corn O'Brien, Brussel Sprouts, Fresh Fruit/Peanut Butter	2 BBQ Beef Platter, Baked Beans, Zucchini, Peach Cobbler	3 Teriyaki Chicken, Brown Rice, Greens, Poke Cake/ Pears
6 Roasted Chicken, Corn Pudding, Green Beans, Mandarin Oranges/	7 Meat Lasagna, Tossed Salad w/ dressing, Berry Cup/Brownie	8 Beef Piccata, Baked Potato, Broccoli & Cauliflower, Apple Crisp	9 Cranberry Glazed Pork Roast, Yam Patties, Greens, Citrus Cup/Pound	10 Cheddar Baked Fish, Potato Fingers, Coleslaw, Sliced Peaches/Chocolate
13 Lemon Pepper Chicken, gravy, Cheesy Spinach, Corn O'Brien, Fruit	14 Maple Glazed Pork Chop, Potato Fingers, Coleslaw, Fruit Cobbler	15 Honey Glazed Turkey, Whipped Sweet Potatoes, Spinach, Sliced Peaches, Pound	16 Italian Meat Sauce, Jefferson Noodles, Caesar Salad w/dressing,	17 Beef Stroganoff, White Rice, Carrot Coins, Berry Cup/ Chocolate Chip
20 Beef Tips w/ mushroom gravy, Jefferson Noodles, Seasoned Broccoli, Hawaiian cup	21 Dixie Chicken, Succotash, Cheesy Spinach, Berry cup	22 Salisbury Steak, Fresh Mashed Potatoes, gravy, Cauliflower w/red peppers, Berry Trifle	23 Spinach, Mushroom & Cheese Lasagna, Tossed Salad w/dressing, Marble cake	24 Oven Fried Chicken, Chuckwagon Corn, Stewed Tomatoes, Tropical Fruit Salad/cookie
27  CENTER CLOSED HOLIDAY	28 Cornflake Chicken, Macaroni & Cheese, Zucchini with tomatoes, Fruit trifle	29 Sliced Turkey w/ gravy, Yam Patties, Cheesy Spinach, Fruit Salad/Chocolate Chip Cookie	30 Meatloaf, Mashed Potatoes, Confetti Coleslaw, Assorted Cake	31 Stuffed Peppers, Zucchini Casserole, Peanut Butter Cookie/ Baked Apples



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 Milk

