




# MAY 2024

Menu subject to change

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Monday	Tuesday	Wednesday	Thursday	Friday
<b>NUTRITION PROGRAM</b> - The suggested contribution is \$3.00 for people 60 years and over. The meal cost is \$8.00 for people under 60 years old. Lunch is served from 11:45 a.m. to 12:15 p.m. Doors open 10:30 a.m. <b>First come, first served.</b>  = Meal contains more than 1000mg sodium		1 Teriyaki chicken, brown rice, mixed veggies, golden mandarin salad, fruit 	2 Seasoned pork chop, mashed sweet potatoes, green beans, fruit	3 Chicken w/ carrot, celery, pasta, zucchini, onion & kale, broccoli raisin salad, fruit
6 Chili verde pork chop, Spanish brown rice, broccoli & carrots, fruit	7 Cranberry chicken, bread stuffing, kale, fruit	8 Baked breaded cod, garlic bread, mixed veggies, fruit	9 Chicken & rice casserole w/ onions & celery, mixed veggies, fruit	10 Beef & broccoli, dinner roll, mixed veggies, coleslaw, fruit 
13 Paprika chicken w/ mushrooms, mashed sweet potatoes, broccoli, fruit	14 Beef enchilada casserole, Spanish brown rice, corn & red bell peppers, fruit	15 Chile relleno casserole, mixed veggies, tortilla, fruit	16 Baked pork chop w/ mushroom gravy, mashed potatoes, peas & carrots, fruit  Happy Mother's Day!	17 Garlic chicken, wild rice, mixed veggies, green salad, fruit, dessert
20 Baked breaded cod, couscous, mixed veggies, carrot raisin salad, fruit	<b>Vegetarian</b> 21 Spinach lasagna w/ cheese & marinara sauce, mixed veggies, fruit	22 Seasoned baked chicken, wild rice, roasted brussels sprouts, fruit	23 Beef stroganoff, pasta, mixed veggies, fruit 	24 Pork chop in orange sauce, brown rice, spinach, coleslaw, fruit
 27	28 29 Meat loaf (beef), mashed potatoes, corn, fruit	29 Baked breaded cod, wild rice, mixed veggies, apple celery slaw, fruit	30 Baked sesame chicken, roasted veggies, dinner roll, fruit	<b>Vegetarian</b> 31 Pizza w/ marinara sauce, cheese, tomato & more, green beans & cauliflower, fruit

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