



May 2022



Mon	Tue	Wed	Thu	Fri
2 Country Fried Steak with gravy , potatoes, Green Beans, applesauce, WW Bread 2% Milk	3 Cheeseburger , Lettuce, Pickles, tomato, Oven Fries, corn, pineapples, 2 % Milk	4 Meat Lasagna , garden salad, Garlic Bread, pears, 2% Milk	5 Fish Sticks , macaroni and cheese, Cottage Cheese, Peaches, WW Bread, Cookie, 2% Milk	6 Pinto Beans , Fruit cocktail, Cornbread, mixed greens, Cookie, 2% Milk
9 Minestrone Soup , ham salad sandwich ,peas, pears, cookie, 2% milk	10 Taco Salad / Chips, Meat, Lettuce, Cheese, Tomatoes, Onions, Pudding,	11 Boneless Chicken Wings , potato wedges, corn, Roll, oranges ,2 %	12 Sloppy Joe / bun , Cole Slaw, Baked Beans, oven fries, pears, 2% Milk	13 Navy Beans , Cornbread, Sauer Kraut and Wieners, applesauce, pudding, 2% Milk
16 Chicken Tenders , Potato Wedges, Carrots, oranges, WW Roll, 2% Milk	17 Spaghetti with Meat Sauce , garden salad, Garlic Bread, pineapples, 2% Milk	18 Broccoli Cheese Soup , Bologna and Cheese Sandwich ,pears, 2% Milk	19 Scrambled Eggs , Hash Brown, Sausage Patty, Gravy, Biscuit, Applesauce, 2% Milk	20 Great Northern Beans , Fruit cocktail, Cornbread, mixed greens, Cookie, 2% Milk
23 Baked Fish Sandwich , macaroni and cheese, peas, Sliced Peaches, 2% Milk	24 Vegetable Beef Soup , Ham and Cheese Sandwich, pears, 2% Milk	25 Chicken Parmesan garden salad, Garlic Bread, cinnamon apples, 2 % milk	26 Hot Dog with Chili , Cole Slaw, Onions, Baked Beans, fruit cocktail, 2% Milk	27 Barbeque Chicken , Potato Salad, green beans, WW Bread, Jell-o with fruit, 2% Milk FESTIVE MEAL
30 Center's Closed Memorial Day	31 Chicken Noodle Soup , grilled cheese, oranges, peas, cookie, 2% milk	<p>All meals meet RDI regulations. Each day a bread group item, butter and milk will be served. Rich desserts, rice and gravies are optional to each participant. No salt or margarine added to vegetables and meats unless specified. All instant potatoes and breads have some salt, margarine and sugar. Please use the suggestion box to express your opinion of the daily meals.</p> <p><u>The Nutrition Program reserves the right to change menus.</u></p>		