



CONGREGATE MEAL MENU

May 2 Chicken Breast with Mandarin Orange Glaze Gourmet Potatoes French Cut Green Beans & Almonds Boston Crème Roll	May 3 Roast Beef w/Gravy Brown Rice Pilaf Carrots & Cauliflower Multi-Grain Bread Orange	May 4 Salmon Patty w/Lemon Wedge Buttered Noodles Peas Wheat Bread Red Delicious Apple	May 5 Meatloaf w/Gravy Garlic Whipped Potatoes Brussels Sprouts Wheat Bread Red Delicious Apple	May 6 Chicken Patty w/Mozzarella Cheese & Marinara Sauce Broccoli Dinner Roll Banana
May 9 Swiss Steak with Tomatoes, Onions & Gravy Scalloped Potatoes Vegetable Medley Rye Bread Peaches	May 10 Pork Loin w/Teriyaki Sauce Brown Rice Pilaf Broccoli Florets Multi-Grain Bread Pineapple Tidbits	May 11 Roast Beef w/Gravy Confetti Couscous Steamed Cabbage Whole Wheat Bun Yellow Delicious Apple	May 12 Older Americans Month Celebratory Meal Chicken Breast Marsala Brussels Sprouts Yams w/Margarine & Brown Sugar Honey Wheat Bread Orange Strawberry Shortcake	May 13 Birthday Menu Stuffed Pepper with Ground Beef Whipped Potatoes Yellow Beans Wheat Bread Individual Jelly Roll
May 16 Pork Loin w/Gravy Whipped Potatoes Mixed Vegetables Dinner Roll Pineapple	May 17 Tuna Casserole w/ Peas Beets Rye Bread Orange	May 18 Porcupine Meatballs in Sauce w/Noodles Broccoli Honey Wheat Bread Apple	May 19 Pepper Steak w/Onion & Pepper Sauce Savory Potatoes Cooked Spinach Whole Wheat Bread Pears	May 20 Herb Baked Chicken Breast w/Gravy & Stuffing Cranberry Orange Sauce Green Beans Banana Graham Crackers
May 23 Turkey w/Gravy Yams w/Brown Sugar & Margarine Brussels Sprouts Honey Wheat Bread Fuji Apple	May 24 BBQ Lean Beef w/Sauce Haluski Orange Glazed Carrot Coins Wheat Bun Fruit Cocktail	May 25 Boneless Pork Loin w/Dijon sauce Lemon Potatoes Broccoli Florets Rye Bread Applesauce	May 26 Springs w/Meatballs & Sauce Italian Green Beans Italian Bread Banana	May 27 Chicken Breast w/Lemon Cream Sauce Gourmet Potatoes Peas w/Pearl Onions Honey Wheat Bread Orange
May 30 <u>Memorial Day</u> SENIOR CENTERS CLOSED 	May 31 Cowboy Hamburger w/sauteed mushrooms/onions Whole Wheat Sandwich Bun Baked Beans Orange	 OLDER AMERICANS MONTH <hr style="width: 25%; margin: 0 auto;"/> AGE MY WAY: MAY 2022		

All meals include a choice of milk. Menus are subject to change if necessary due to supply and/or emergency.

Please be advised that food served may contain one of the following ingredients: milk, egg, fish (cod, tilapia), crustacean shellfish (crab, shrimp), tree nuts (almonds, pecans, walnuts), wheat, peanuts, soybeans.