

MAY – 2008 Menu

In order to offer a well-balanced, nutritional meal to all seniors, the suggested donation per meal is \$2.00 (Non-Senior - \$4.00, Disabled - \$3.00)

Monday	Tuesday	Wednesday	Thursday	Friday
			1	2
			BIRTHDAY LUNCH Linguini w/ Meat Sauce Broccoli Florets Caesar Salad Garlic Bread Apple Cobbler DANCE IN THE EVENING	Apple Juice Roast Beef Basil Mashed Potatoes Carrots Romaine Salad Whole Grain Roll Bread Pudding with Raisin Sauce
5	6	7	8	9
CINCO DE MAYO LUNCH Pineapple Juice Carne Asada Tacos Spanish Rice Pinot Beans Flour Tortilla Mexican Slaw Flan and Churro	Chicken and Broccoli w/ Fettuccine Alfredo Broccoli Tossed Salad Cornbread Canned Apricots	MOTHER'S DAY LUNCH Roast Pork w/ Applesauce Honeyed Sweet Potatoes Green Beans w/ Almonds Romaine Salad Buttermilk Biscuit Applesauce Cake	Beef Stew Coleslaw w/ Pineapple Whole Grain Roll Banana	Grape Juice Chicken Enchilada Spanish Rice Mexicali Corn Lettuce & Tomato Salad Flan
12	13	14	15	16
Beef Stroganoff Broccoli Florets Tossed Salad Whole Grain Roll Fresh Fruit	Pineapple Juice Lemon Fish Macaroni and Cheese Normandy Vegetables Lettuce & Tomato Salad Cornbread Oatmeal Raisin Cookie or Fruit	Old Fashioned Meatloaf Au Gratin Potatoes Zucchini and Yellow Peppers Garden Salad Dinner Roll Peach Cobbler	Baked Ham or Large Salad Sweet Potatoes Green Beans w/ Almonds Romaine Salad Dinner Roll Fresh Fruit	Baked Fish Scalloped Potatoes Mixed Vegetables Romaine Salad Buttermilk Biscuit Orange
19	20	21	22	23
Orange Juice Quiche Lorraine Or Salisbury Steak Oven Browned Potatoes Green Beans Garden Salad Buttermilk Biscuit Apple	Egg Flower Soup Roast Teriyaki Chicken Rice Peas and Carrots Mandarin Orange Salad Vegetable Egg Roll Almond Cookies or Fruit	Fish Vera Cruz Spanish Rice Mexicali Corn Coleslaw Corn Tortillas Banana	Pineapple Juice BBQ Meatballs Mashed Potatoes Baked Winter Squash Romaine Salad Whole Grain Roll Cherry Gelatin w/ Pears DANCE IN THE EVENING	MEMORIAL DAY LUNCH Apple Juice Herbed Chicken Breast Barley Pilaf Mixed Vegetables Tossed Salad Whole Grain Roll Coconut Pudding
26	27	28	29	30
MEMORIAL DAY SENIOR CENTER CLOSED	Baked Herbed Fish Potato Wedges Normandy Vegetables Tossed Salad Dinner Roll Apple Cobbler	90+ CELEBRATION LUNCH Roast Beef Mashed Potatoes Krinkle Cut Carrots Tossed Salad Banana Nut Muffin Fresh Fruit	Chicken Pot Pie Spinach and Orange Salad Cornbread Strawberry Ice Cream	Roast Turkey Cranberry Cornbread Broccoli Florets Tossed Salad Sweet Roll Fresh Fruit

Alternate to entrée – 2 cups Lettuce, 3 oz. Protein, (1 oz. Egg, 1 oz. Cheese, 1 oz. Beans). A maximum of 15 salads per day. Salads must be ordered by 10:00 a.m. Salads are not available on Special Lunch Days. We serve low-fat milk with each meal. Menu subject to change without notice.