

# Senior Center Lunch Menu

May 2019

Monday

\*MENU SUBJECT TO CHANGE W/O NOTICE\*  
 •-Indicates Meal is High in Sodium

**6<sup>TH</sup>** Roast Beef, Brown Gravy, Whipped Potatoes, Green Peas, Wheat Roll, Birthday Cake, Coffee, Milk, Margarine

**13<sup>TH</sup>** Chicken Supreme, Whole Kernel Corn, Zucchini & Tomatoes, Multi-Grain Bread, Ambrosia Pudding, Coffee, Milk, Margarine.

**20<sup>TH</sup>** Chicken Breast, Oven Roasted Potato Medley, Green Beans, Hamburger Bun, Mandarin Oranges, Coffee, Milk, BBQ Sauce

**27<sup>TH</sup>** MEMORIAL DAY- CLOSED

Wednesday

**1<sup>ST</sup>** Breaded Pollock, Parslied Potatoes, Mixed Vegetables, Hamburger Bun, Fresh Seasonal Fruit, Coffee, Milk, Tarter Sauce

**8<sup>TH</sup>** Hamburger Patty, Lettuce & Tomato, Mixed Cabbage w/Carrots, Baked Beans, Wheat Hamburger Bun, Carnival Cookie, Coffee, Milk, Ketchup, Mustard

**15<sup>TH</sup>** Chicken Salad, Lettuce & Tomato, Potato Salad, Wheat Hamburger Bun, Peaches, Coffee, Milk

**22<sup>ND</sup>** Beef Chili w/ Beans, Baked Potato, Mixed Green Salad, Wheat Roll, Sliced Pears, Coffee, Milk, Margarine, Sour Cream, Ranch Dressing

**29<sup>TH</sup>** Scalloped Chicken Casserole, Mixed Vegetables, Mixed Green Salad, Wheat Bread, Pineapple Tidbits, Coffee, Milk, Ranch Dressing

Friday

**3<sup>RD</sup>** Chicken Cacciatore, Au Gratin Potatoes, Brussel Sprouts, Wheat Bread, Choc Chip Cookie, Coffee, Milk, Margarine

**10<sup>TH</sup>** Glazed Ham, Scalloped Potatoes, Glazed Baby Carrots, Wheat Roll, Strawberry Shortcake, Coffee, Milk, Margarine

**17<sup>TH</sup>** Beef Spaghetti Casserole, Seasoned Green Beans, Mixed Green Salad, Wheat Bread, Sliced Pears, Coffee, Milk, Italian Dressing

**24<sup>TH</sup>** Pulled BBQ Pork, Potato Salad, Baked Beans, Wheat Hamburger Bun, Peach Cobbler, Coffee, Milk

**31<sup>ST</sup>** Beef & Noodle Casserole, Green Peas, Sliced Carrots, Multi Grain Bread, Sliced Pears, Coffee, Milk, Margarine