



Senior Wellness & Nutrition Program Menu

Reservations and cancellations must be made 24 hours in advance to the Site Manager

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

<p style="text-align: center;"><i>Happy Mothers Day May 10th</i></p>					1	<p>Fish Sandwich on Bun Tomato Basil Soup Crackers Warm Applesauce Chocolate Parfait Fruit&Veggie Juice</p>			
4	<p>Grilled Chicken Roasted Red Potatoes Key West Veggies Tropical Fruit Wheat Dinner Roll Fruit Juice</p>	5	<p>Steak Hoagie on Bun Potato Wedges Green Beans Pineapple Fruit Juice</p>	6	<p>Apple Spiced Pork Loin Baked Sweet Potato Broccoli Banana Wheat Bread</p>	7	<p>Turkey Salad on Croissant Lettuce Picked Beets Mandarin Orange Fruit&Veggie Juice</p>	8	<p>Macaroni and Cheese Stewed Tomatoes Peaches Wheat Dinner Roll Fruit&Veggie Juice</p>
11	<p>Pot Roast with Gravy Mashed Potatoes with Gravy Carrots Fresh Fruit Multi Grain Bread</p>	12	<p>Italian Sausage with Peppers & Onions on a Bun Tater Tots Pineapple Fruit Juice</p>	13	<p>Chicken Cacciatore with Rice Capri Blend Veggies Banana Rye Bread Fruit Juice</p>	14	<p>Fried Egg on Biscuit Sausage Patty Sliced Cheese Deluxe Home Fries Baked Cinnamon Apples Fruit&Veggie Juice</p>	15	<p>Potato Crusted Fish Potato Wedges Peas Fresh Pears Cookie</p>
18	<p>Lasagna Roll Up Tossed Salad Dressing Mixed Fruit Garlic Bread Fruit Juice</p>	19	<p>Turkey Gravy over Biscuit Mixed Veggies Mandarin Orange Fruit&Veggie Juice</p>	20	<p>Scallop Potatoes with Ham Prince Edward Veggies Banana Rye Bread</p>	21	<p>Grilled Chicken Salad Dressing Grapes Dinner Roll</p>	22	<p>Meatloaf with Gravy Baked Potato California Blend Veggies Peaches Wheat Bread Fruit Juice</p>
25	<p>MEMORIAL DAY REMEMBER AND HONOR</p>	26	<p>Breaded Chicken Drumstick Mashed Potatoes with Gravy Corn Fresh Orange Wheat Dinner Roll</p>	27	<p>Mexican Omelet Turkey Sausage Home Fries Warm Applesauce Mini Muffin Fruit&Veggie Juice</p>	28	<p>Hamburger on Bun Lettuce/Tomato Tater Tots Fresh Pear Fruit&Veggie Juice</p>	29	<p>Crab Salad on Flatbread Lettuce Tomato Three Bean Salad Fresh Melon</p>

All meals are served with 1/2 pint milk and margarine.

ATTENTION:

Menus are subject to change without notification.

Meals on Wheels Participants - Please call if you will NOT be home for your meal delivery.

****Please contact Department of the Aging with any known food allergies**