

Meals on Wheels Etc. Congregate – Bram Towers, Sanford, Longwood, E. Altamonte, Casselberry, Alz Easter Seals, CCE.
May 2025

Allison Goodman RD, LD

4/2/25

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<u>WEEK ONE</u>				1 Jambalaya Green beans Peas and carrots WW bread Mandarin oranges Milk	2 Tuna salad sandwich Snap pea salad Tomato basil soup Pineapple (2) WW bread Milk
<u>WEEK TWO</u>	5 Taco (beef) with cheese and salsa, lettuce, tomato Brown rice / beans Mixed veggies Whole wheat tortilla Orange Milk	6 Veg chili Greens Mashed potatoes Pear Cornbread Milk	7 Stuffed peppers Macaroni and cheese Mixed veggies Cherry lemon cup WW roll Milk	8 Chef salad Potato salad Pear Garlic sticks Milk	9 Meatball and eggplant tagine Rice Tossed salad w dressing Pineapple Milk
<u>WEEK THREE</u>	12 Hamburger on ww bun Baked potato (green onion, cheddar cheese) Lettuce, tomato, ketchup, mayo, must Green beans Tropical fruit Milk	13 Veg quiche Potato w peppers and onions Sauteed kale French toast w syrup Orange Milk	14 Chicken noodle veg soup Roasted potatoes Naan Craisins Milk	15 Turkey and cheese sandwich on 2 WW bread slices Slaw salad Lentil soup Strawberry kiwi cup Milk	16 Fish w chimichurri sauce Mac and cheese Broccoli Orange Biscuit Milk

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<u>WEEK</u> <u>FOUR</u>	19 Roasted pork au jus Polenta Sauteed kale Mandarin oranges WW roll Milk	20 Chicken picatta Mashed potatoes Spinach Applesauce Garlic sticks Milk	21 Pierogies w meat sauce Okra/tomato Corn Biscuit Lemon raspberry cup Milk	22 Chicken salad Carrot cumin soup Coleslaw WW bread (2) Craisins Milk	23 Tortellini w turkey sausage and red pepper sauce Tossed salad w dressing Diced carrots WW roll Orange Milk
<u>WEEK</u> <u>FIVE</u>	26 Closed Memorial Day	27 Chicken burger w lettuce/tom Home fries Mixed veggies WW bun Mandarin oranges Ketchup/mayo/must Milk	28 BBQ chicken Mac and cheese Greens Cornbread Applesauce Milk	29 Chicken tenders Green beans Penne marinara Tropical fruit Biscuit Milk	30 Veg lasagna Tossed salad w dressing Corn Garlic sticks Birthday dessert Milk