

Meals on Wheels Etc. Congregate – Bram Towers, Sanford, Longwood, E. Altamonte, Casselberry, Alz Easter Seals, CCE.
May 2024 Date: 4/3/2024

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<u>WEEK ONE</u>			1 Turkey sandwich on 2 WW bread slices Slaw salad Potato soup Strawberry kiwi cup Milk	2 Hamburger on ww bun Baked potato (green onion and cheddar cheese) Lettuce, tomato, ketchup, mayo, must Green beans Lemon raspberry cup Milk	3 Taco (beef) with cheese and salsa Brown rice / beans Mixed vegetables Lettuce/tomato Whole wheat tortilla Strawberry kiwi cup Milk
<u>WEEK TWO</u>	6 Chicken burger Waffle fries Mixed veggies WW bun Mandarin oranges Ketchup/mustard/mayo Lettuce/tom Milk	7 Spaghetti w meatballs Tossed salad w dressing Corn Italian bread Tropical fruit Milk	8 Egg salad/WW bread Vegetable soup Tossed salad w dressing Pineapple Milk	9 Salisbury steak Mashed sweet potatoes Green beans WW bread Raisins Milk	10 Roasted pork loin Polenta Sauteed kale Applesauce Biscuit Milk
<u>WEEK THREE</u>	13 Hot dog on WW bun Must/ketch/relish Green beans Mandarin oranges Milk	14 Korean BBQ chicken Fried rice Oriental vegetables Corn Fruit cocktail Milk	15 Veg chili Greens Mashed potatoes Cornbread Pears Milk	16 Grilled chicken w roasted red pepper sauce Wild rice Broccoli/carrots Garlic sticks Cherry lemon cup Milk	17 Pot roast w gravy Mashed potatoes Green beans WW roll Applesauce Milk
<u>WEEK FOUR</u>	20 Chicken parmesan Penne marinara Spinach Garlic sticks Mandarin oranges Milk	21 Meatloaf Mashed potatoes Mixed veggies Pineapple Biscuit Milk	22 Tuna salad sandwich Snap pea salad Tomato basil soup Banana (2) WW bread Milk	23 Sloppy joe on WW bun Roasted potatoes Broccoli casserole Craisins Milk	24 Shepard's pie Green beans Baby carrots Garlic sticks Lemon raspberry cup Milk
<u>WEEK FIVE</u>	27 Closed Happy Memorial day	28 Jambalaya Greens Peas and carrots Cornbread Pineapple Milk	29 Chef salad Potato salad Pear Garlic sticks Milk	30 Sausage and kale quiche Tossed salad w/ dressing Brown rice Whole wheat roll Lemon raspberry cup Milk	31 Fish w pesto sauce Potato au gratin Green beans Birthday dessert WW bread Milk