

Monday	Tuesday	Wednesday	Thursday	Friday
<p align="center">May 2018</p> <p align="center">Congregate Meal Program Suggested Donation: \$2.25</p>	<p>1) Cranberry Orange Glazed Chicken w/rice pilaf, brussel sprouts, chilled fruit& oatmeal bread</p>	<p>2) Hot Dog w/mustard & relish, carrots, baked beans, mandarin oranges & hot dog roll. Cal: 746 Sod: 1271</p> <p>Café: Marinated Grilled</p>	<p>3) Pot Roast w/gravy, mashed potatoes, green beans, chocolate pudding & dinner roll</p> <p>Cal: 652; Sod: 786</p>	<p>4) Breaded Fish w/tartar sauce, whipped sweet potato, mixed vegetables, oatmeal raisin cookie & rye bread. Cal: 909 Sod: 928</p> <p>Café: BLT on hearty</p>
<p>7) Chicken Caccitore w/peppers & onions, pasta, mixed green salad with house vinaigrette, orange & whole wheat roll</p>	<p>8) Travel Chef American Carvery</p> <p>Pork Loin w/pan gravy, baked potato w/sour cream, whole buttered green beans, pound</p>	<p>9) Rib-Q w/sweet potato wedges, corn chowder, crackers, apple sauce & oatmeal bread. Cal: 823; Sod: 1252</p> <p>Café: Chicken, Broccoli & Ziti w/alfredo sauce & garlic</p>	<p>10) Mother's Day Special Stuffed Chicken Breast w/ baby carrots with dill, au gratin potatoes, strawberry shortcake &</p>	<p>11) Spinach & Cheese Egg Bake stewed tomatoes, red bliss potatoes, yogurt & juice & raisin bread. Cal: 777; Sod 815</p> <p>Café: French onion dip</p>
<p>14) Pork Ragout w/brussel sprouts, penne pasta w/oil & parsley, raisins & wheat roll</p> <p>Cal: 776; Sod: 461</p>	<p>15) Lemon Thyme Chicken w/roasted potatoes, mushroom soup, crackers, fruit crisp & dinner roll</p>	<p>16) Sweet & Sour Chix Meatballs w/fried rice w/egg, mandarin veggie blend, pineapple & oatmeal bread Cal: 716; Sod: 838</p> <p>Café: Butternut Squash Ravioli w/brown butter, sage</p>	<p>17) Beef Stew w/peas & carrots, mashed potatoes, mocha mousse & biscuit</p>	<p>18) Stuffed Shells w/marinara sauce, rst cauliflower, garden salad w/dressing, cantaloupe & wheat bread. Cal: 701;Sod: 978</p> <p>Café: Homemade Fried Chicken Tenders &</p>
<p>21) Beef Shephard's Pie w/mashed potato, corn, peas, roasted butternut squash, chocolate cake & wheat bread</p>	<p>22) Chicken Marsala w/fresh mushrooms, roasted carrots, rice, mandarin oranges & oatmeal bread</p> <p>Cal: 633; Sod:700</p>	<p>23) Mixed Green Salad w/ roast beef, tomato white bean salad, French dressing, chilled fruit & snack & loaf. Cal: 921; Sod: 700</p> <p>Café: Fresh Spring</p>	<p>24) Chicken Pot Pie w/peas & carrots, steamed red bliss potatoes, yogurt & juice & dinner roll. Cal: 743; Sod: 972</p>	<p>25) Breaded Fish w/tartar sauce, mac & cheese, green beans, tomato soup, cantaloupe & wheat bread</p> <p>Cal: 762; Sod: 1078</p> <p>Café: Chicken Parmesan</p>
<p>28) Memorial Day Senior Center Closed</p>	<p>29) Spaghetti & Chicken Meatballs w/marinara sauce, spinach, honey dew melon & scali bread</p> <p>Cal: 692; Sod 836</p>	<p>30) BBQ Chicken w/roasted sweet potato, green beans & red peppers, apple sauce & multigrain bread. Cal: 672; Sod: 923</p>	<p>31) Meatloaf w/gravy, herbed zucchini, whipped potatoes, veggie soup, crackers, coconut cake & wheat roll</p> <p>Cal: 869; Sod: 1158</p>	<p>1) Café: Baked Mac & Cheese w/stewed tomatoes & crusty roll</p>