

# May

# Menu

Please make a donation at [slco.org/aging-adult-services](http://slco.org/aging-adult-services) to help provide meals for seniors. Meals on Wheels menus may vary.

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
BKD CHICKEN BRST w/Divan Sauce Rice Pilaf & Mushrooms Green Peas Dinner roll Pineapple Chunks <b>1</b>	** BIRTHDAY MEAL ** MEATLOAF w/Gravy O/Brian Potatoes Mixed Vegetables Seasonal Fruit Birthday Cupcake <b>2</b>	BBQ CHICKEN SAND on Bun Succotash Tropical Fruit Cup <b>3</b>	PORK PATTY w/Gravy Whipped Potatoes Broccoli Cuts & Florets Seasonal Fruit Cherry Pudding <b>4</b>	** CINCO DE MAYO MEAL ** BEEF ENCHILADA BAKE Black Beans & Corn Fiesta Coleslaw Seasonal Fruit Mexican Choc. Pudding <b>5</b>
BRAISED BEEF TIPS Carnival Rice Seasoned Carrots Whole Kernel Corn Pineapple Chunks <b>8</b>	ROAST PORK w/Apple Cider Glaze Whipped Sweet Potatoes Green Beans Country Slaw Peach Cobbler <b>9</b>	**SACK LUNCH DAY** Ham and Cheese Sandwich Potato salad Fruit Chips Cookie Milk <b>10</b>	SALISBURY PATTY w/Gravy Whipped Potatoes Mixed Vegetables Seasonal Fruit <b>11</b>	** MOTHER'S DAY MEAL ** BKD CHKN BREAST Citrus Sauce Tricolor Pasta & Harvard Beets Broccoli Cuts & Florets Strawberry Shortcake <b>12</b>
BEEF STROGANOFF over Whole Grain Pasta Mixed Vegetables Fruit <b>15</b>	TURKEY POT ROAST w/Gravy Whipped Potatoes Calif Blend Vegt Seasonal Fruit <b>16</b>	BBQ PORK RIB PATTY Cheesy Bkd Ziti Zucchini & Tomatoes Seasonal Fruit <b>17</b>	BKD CHICKEN BRST w/Apricot Sauce Green Peas Wheat Dinner Roll Spiced Apples <b>18</b>	LIONSHEAD MEATBALLS Steamed Brown Rice Broccoli Cuts & Florets Seasoned Carrrots Molasses Cookie <b>19</b>
BKD CHICKEN THIGH w/Vera Cruz Sauce Brown Spanish Rice Pinto Beans Flour Tortilla Tropical Fruit Cup <b>22</b>	*Special Event Lunch* Brown Sugar Glazed Ham Au Gratin Potatoes Garden Mixed Vegetables Whipped Sweet Potatoes Apple Cobbler <b>23</b>	MEATLOAF w/Creole Sauce Rst Red Potatoes Mixed Vegetables Peaches <b>24</b>	PORK CHOP SUEY Steamed Rice Broccoli Cuts & Florets Pineapple Oatmeal Cookie <b>25</b>	** MEMORIAL DAY MEAL ** HAMBURGER PATTY On Bun Lettuce & Tomato BBQ Beans Corn on the Cob Famous Choc. Cupcake <b>26</b>
<b>SENIOR CENTERS CLOSED FOR MEMORIAL DAY</b> <b>29</b>	TURKEY A LA KING Pasta Noodles Seasoned Carrots Spinach Romaine Salad Rocky Road Pudding <b>30</b>	LEMON HERB CHKN BRST Brown Rice & Lentils Calif Blend Vegt Mandarin Pinapple Cup Applesauce Cookie <b>31</b>		

**Alternate Meal for May: Sandwich & Salad (Select Senior Centers Only)**

- Week 1** – Hot Dog w/Coleslaw (M,T) | Rst Beef/Swiss w/ Fruit Salad (W,Th,F)
- Week 2** – Rst Beef/Swiss w/Fruit Salad (M,T) | Turkey/Muenster w/Spinach, Pear Salad (W,Th,F)
- Week 3** – Turkey/Muenster w/Spinach, Pear Salad (M,T) | Ham/Monterey Jack w/Lettuce Wedge, Tomato (W,Th,F)
- Week 4** – Ham/Monterey Jack w/Lettuce Wedge, tomato (M,T) | Hot Dog w/Coleslaw (W,Th,F)
- Week 5** – Hot Dog w/Coleslaw (M,T) | Rst Beef/Swiss w/Fruit Salad (W,Th,F)

All meals served with 8 oz milk and appropriate condiments