

May

Menu



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

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
	BIRTHDAY MEAL BEEF POT ROAST Brown Gravy Mashed Potatoes California Blend Vegetables Fresh Strawberries Birthday Cupcake Chocolate Milk	CHEESE OMELET Breakfast Turkey Sausage Western Omelet Sauce Roasted Red Potatoes Mixed Bell Pepper & Onions Fresh Banana Salsa	SHREDDED BBQ CHICKEN SANDWICH w/ Hamburger Bun Chuckwagon Corn Confetti Coleslaw Tropical Fruit Cup	CINCO DE MAYO SPECIAL BEEF ENCHILADA BAKE Black Beans & Corn Fiesta Coleslaw Fresh Strawberries Rocky Road Pudding
BEEF TIPS Brown Rice Carrots Whole Kernel Corn Whole Wheat Dinner Roll Pineapple Tidbits	BEEF & BEAN BAKE Tex-Mex Corn w/ Tomatoes Spinach Romaine Salad Flour Tortilla Pineapple Nut Cookie	BREADED FISH Roasted Red Potatoes Tartar Sauce Green Peas & Onions Fresh Orange Whole Wheat Roll	ROAST PORK Whipped Sweet Potatoes Apple Cider Glaze Green Beans Coleslaw Peach Cobbler	MOTHER'S DAY SPECIAL BAKED CHICKEN BREAST Tricolor Pasta Citrus Sauce Harvard Beets Broccoli Cuts & Florets Strawberry Short Cake
WESTERN PORK STEW Whole Kernel Corn Green Beans Almondine Fresh Orange	SPAGHETTI & MEATBALLS Green Peas Spinach Romaine Salad Breadsticks Lime Peach Banana Mold	CHICKEN ALFREDO w/ Pasta Steamed Spinach Capri Blend Vegetables Lemon Pudding	PORK RIBBLETT Macaroni & Cheese BBQ Sauce Scandinavian Blend Vegetables Fresh Apple	BAKED CHICKEN BREAST w/ Cream Sauce Green Peas Whole Wheat Roll Tropical Mixed Fruit
CALYPSO CHICKEN w/ Pasta Italian Blend Vegetables Whole Kernel Corn Spiced Peaches	GREEN CHILI CHEESE RICE BAKE Spinach Romaine Salad Scandinavian Blend Vegetables Orange Gelatin w/ Pears Whole Wheat Roll Fresh Orange	SLICED ROASTED TURKEY Mashed Potatoes Poultry Gravy Green Beans Spinach Romaine Salad Pineapple Pistachio Fluff	MEATLOAF Roasted Red Potatoes Brown Gravy Mixed Vegetables Tropical Mixed Fruit Whole Wheat Roll	MEMORIAL DAY SPECIAL BEEF HAMBURGER PATTY Hamburger Bun Lettuce & Tomato BBQ Baked Beans Corn Cobbette Chocolate Cupcake
HOLIDAY - CENTERS CLOSED FOR MEMORIAL DAY	SALISBURY STEAK O'Brien Potatoes Brown Gravy Mixed Vegetables Fresh Apple	COUNTRY MEATBALLS w/ Sauce Pasta Carrots Spinach Romaine Salad Rocky Road Pudding	CHICKEN FAJITA Mixed Bell Pepper & Onions Refried Beans Whole Kernel Corn Whole Grain Tortilla	

Alternate meals for May*: Sandwich/Salad

Week 1 – Hot Dog w/ Coleslaw & Chickpea Salad

Week 2 – Sliced Roast Beef & Swiss w/ Marinated Veggie Salad

Week 3 – Sliced Turkey & Muenster w/ Radish Cucumber Salad

Week 4 – Sliced Ham & Monterrey Jack w/ Spinach Romaine Salad

Week 5 - Hot Dog w/ Coleslaw & Marinated Zucchini Salad

*Alternate meals at select senior centers only

All meals served with 8 oz milk and appropriate condiments