

SERVING SIZES

Grains – 2 ounces
 Vegetables – ½ cup
 Fruits – ½ cup
 Protein – 3 ounces
 Dairy – 1 cup

May 2023

All menu items may contain nuts, seeds, beans, wheat bran, and other allergens

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

<p>1 Fresh fruit Scrambled eggs Home fries Bacon, Sausage Muffin Spinach salad</p>	<p>2 Chicken soup Chicken Francese Spanish rice Green beans Sliced bread Jello Turkey & Swiss on rye</p>	<p>3 Cream of mushroom soup Sauteed beef w/ mushroom gry Mashed sweet potatoes Multi grain bread Mixed fruit Cucumber salad w/ chicken</p>	<p>4 Vegetable soup Smothered pork chop Mashed potato Peas & carrots Snowflake roll Fruit Chicken sandwich ww roll</p>	<p>5 Lentil soup Open turkey sandwich Cole slaw Potato wedges Sliced ww bread Cookie Romaine salad w/chicken</p>
<p>8 Pasta & bean soup Sausage & Pepper sandwich Roasted broccoli & carrots Multi grain roll Pudding Chef salad</p>	<p>9 Tomato Soup Herb roasted chicken Green beans Sweet potato Fruit Sliced multi grain bread Salami, ham & cheese / wheat roll</p>	<p>10 Greek cucumber salad Pork roast w/grvy Rice pilaf w/ mushrooms Mixed vegetables Roll Oatmeal raisin cookie Ham & cheese club</p>	<p>11 Chicken soup Stuffed chicken breast w/gravy Au gratin potatoes Baby carrots Roll Cake Turkey on wheat</p>	<p>12 Cream of broccoli soup Pepper steak Green bean salad Roasted potato Sliced bread Fruit Egg salad sandwich</p>
<p>15 Cottage cheese w/ fruit Sloppy joe Pasta salad 3 – bead salad Roll (whole wheat) Chocolate chip cookie Grilled veggie salad w/chicken</p>	<p>16 Escarole bean & sausage soup Honey glazed chicken breast Rice pilaf Italian mixed vegetables Mixed fruit / roll Tuna salad plate</p>	<p>17 Vegetable soup Meatball stroganoff Mashed potatoes Peas & onions Whole Wheat roll - cookie Turkey & Swiss/whole wheat</p>	<p>18 HAPPY BIRTHDAY! CUPCAKE Roasted chickpea salad Meatloaf w gravy Potatoes wedges Mixed vegetables - roll Fruit Spinach salad w/ chicken</p>	<p>19 Chicken & rice soup Balsamic glazed pork tender loin Roasted broccoli & carrots Rice pilaf / roll Fruit salad Roast beef on a ww roll</p>
<p>22 Tomato soup Chicken alfredo Mixed vegetables Roasted sweet potatoes Ww roll - cake Cobb salad</p>	<p>23 Chicken soup Teriyaki beef tips Fried rice Green beans Jello - roll Egg salad on multi grain roll</p>	<p>24 Lentil soup Herb crusted pork loin Parsley potatoes Zucchini & carrots Fresh fruit Multi grain bread Seafood salad plate</p>	<p>25 Minestrone Soup Baked pasta w/sausage, cheese & meatballs Roasted broccoli & cauliflower Lorna doone cookie -ww bread Chicken salad sandwich</p>	<p>26 Portuguese kale soup Meatball sandwich 3 -bean salad Tater tots Ww roll Ham & cheese on rye</p>
<p>29 Closed</p>	<p>30 Cream of broccoli soup Chicken cacciatore Roasted potato Ww roll Coffee cake Pasta salad w/ chicken</p>	<p>31 Cream of chicken soup Tossed salad Stuffed manicotti w/ meat sauce Garlic bread Fruit Hot dog w/ roll</p>	<p>\$3.00 Suggested Donation Please call our Dining room 24 hours in advance</p>	