

# SENIOR CENTERS MAY MENU

Carbohydrate servings are posted at each center with recommendations for diabetes management.  
Your \$2.50 donation is appreciated so all can eat. This menu is low sodium/low fat.

Monday	Tuesday	Wednesday	Thursday	Friday
	Turkey Pot Roast/ Gravy Mashed Potatoes Diced Carrots Spinach Lemon Pudding	Pork Rib Patty Sandwich Chili Beans Pineapple Tidbits	Veal Parmesan/ Tomato Sauce Spaghetti Italian Green Beans Corn Apple Crisp	<b>Cinco de Mayo</b> Chicken Fajita Spanish Rice Refried Beans Pineapples Lettuce/Tomato
	<b>1</b>	<b>2</b>	<b>3</b>	<b>4</b>
<b>Birthday Monday!</b> Beef Pot Roast/Gravy Mashed Potatoes Mixed Vegetables Peaches Cupcakes	Chicken Breast/Gravy Cilantro Pasta Lima Beans Spinach Rice Pudding	Salisbury Beef/Gravy Paprika Potatoes Corn O'Brien Green Beans	Meatloaf/Gravy Garlic Mashed Potatoes Broccoli Stewed Tomatoes	<b>Mother's Day</b> Chicken Divan Brown Rice Green Beans Ranger Cookies
<b>7</b>	<b>8</b>	<b>9</b>	<b>10</b>	<b>11</b>
Mozzarella Chicken Penne Pasta Brussels Sprouts Corn Bread Pudding	Pork Rib Patty Sandwich Baked Beans Pineapple Tidbits	Lemon Pepper Chicken Tarragon Mashed Potatoes Broccoli Mixed Vegetables	Spaghetti & Meatballs Cauliflower Green Beans Sugar Cookies	Pork Roast/ Sweet & Sour Sauce Spiced Mashed Yams Spinach Fruited Gelatin
<b>14</b>	<b>15</b>	<b>16</b>	<b>17</b>	<b>18</b>
Meatball Sub Sandwich Spinach/Vinegar Peas/Carrots	Chicken Primavera Penne Pasta Green Peas Fruited Gelatin	Beef Taco Spanish Rice Pinto Beans Lettuce/Tomato/Onion	Pulled Chicken Sandwich Baked Beans Fruit Cocktail	<b>Memorial Day Celebration</b> Meatloaf/Gravy Garlic Mashed Potatoes Stewed Tomatoes Green Peas
<b>21</b>	<b>22</b>	<b>23</b>	<b>24</b>	<b>25</b>
<b>MEMORIAL DAY CENTERS CLOSED</b>	Chicken Cacciatore Penne Pasta Green Beans Diced Carrots Ranger Cookies	Meatloaf/Gravy Mashed Potatoes Stewed Tomatoes Mixed Vegetables	Chicken Stir Fry Brown Rice Cabbage Diced Carrots Fruited Gelatin	<b>MEALS ON WHEELS MENUS MAY VARY</b>
<b>28</b>	<b>29</b>	<b>30</b>	<b>31</b>	