





MAY 2016 MENUS

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
2	3	4	5	6
Chicken Rice Casserole Beets or Layered Lettuce Hot Fruit Compote Chocolate Chip Bar OJ	 Crab or Tuna Salad Potato Salad Carrot Grape Salad Cranberry/Pear Crisp WW Roll	Shepherd's Pie Asparagus Apple Raisin Salad Royal Brownie WW Bread	Baked Chicken Baked Potato Three Bean Salad Peaches Tomato Juice	Roast Beef Potatoes w/ Gravy Carrots & Broccoli Applesauce Jello Orange slices
9	10	11	12	13
Salisbury Ground Beef Mashed Potatoes Peas and carrots Mixed Fruit Cranberry Juice	COOK'S CHOICE	Lemon Herb Chicken Rice Pilaf Broccoli Strawberries & Bananas Tomato Juice	Sloppy Joe on WW Bun Potato Wedges Brussel Sprouts with Cranberries Tapioca Pudding	 Goulash Spinach WW Garlic Bread Oatmeal Fruit Bar Banana half
16	17	18	19	20
Roast Turkey Potatoes & Gravy Spinach Au Gratin Blushing Pears	Chicken Breast Sandwich Macaroni Salad Tomato Spoon Salad Fruit Cup	Crunchy Pollock Roasted Red Potatoes Broccoli Strawberry-Rhubarb Crisp w/ Ice Cream WW Roll	Tater Tot Casserole Tossed Salad Apple Slices Oatmeal Fruit Bar OJ	Egg Salad on Bun Vegetable Soup Potato Salad Royal Brownie Cantaloupe
23	24	25	26	27
Meat Loaf Baked Potato Harvard Beets Cranberry/Pear Crisp Orange Juice	Baked Chicken Baked Beans Asparagus Apricots	Tuna & Noodles Peas Creamy Cole Slaw Cinnamon Apples Orange Wedges	Liver & Onions -OR- Beef Patty Boiled Potatoes w/gravy Mixed Vegetables Strawberries and bananas WW Roll	COOK'S CHOICE
30	31	Each Meal Includes:		
 MEMORIAL DAY	Golden Baked Chicken Potatoes w/ Gravy Garden Beans Fruit Cup ⁷ WW Roll	* 1/3 of the Required Daily Amounts (RDA) for persons age 70+ * Skim or 1% milk *Condiments as appropriate  Sodium > 800mg <i>Amy Barnes MS RDN LDN</i>		