




MAY 2017 MENUS

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>1</p> <p>Chicken Rice Casserole Beets or Layered Lettuce Hot Fruit Compote Chocolate Chip Bar OJ</p>	<p>2</p> <p>Crab or Tuna Salad Carrot Grape Salad Cranberry/Pear Crisp WW Roll</p> 	<p>3</p> <p>Shepherd's Pie Asparagus Apple Raisin Salad Royal Brownie WW Bread</p>	<p>4</p> <p>Baked Chicken Baked Potato Three Bean Salad Peaches Tomato Juice</p>	<p>5</p> <p>Roast Beef Potatoes w/ Gravy Carrots & Broccoli Applesauce Jello Orange Wedges</p>
<p>8</p> <p>Salisbury Ground Beef Mashed Potatoes Carrots Mixed Fruit Cranberry Juice</p>	<p>9</p> <p>COOK'S CHOICE</p>	<p>10</p> <p>Lemon Herb Chicken Rice Pilaf Broccoli Strawberries & Bananas Tomato Juice</p>	<p>11</p> <p>Sloppy Joe on WW Bun Potato Wedges Brussel Sprouts with Cranberries Tapioca Pudding</p>	<p>12</p> <p>Goulash California Blend Vegetables WW Garlic Bread Oatmeal Fruit Bar Banana Half</p>
<p>15</p> <p>Roast Turkey Potatoes & Gravy Spinach Au Gratin Blushing Pears</p>	<p>16</p> <p>Baked Chicken Baked Beans Asparagus Orange Wedges WW Roll</p>	<p>17</p> <p>Crunchy Pollock Roasted Red Potatoes Broccoli Strawberry-Rhubarb Crisp w/ Ice Cream WW Roll</p>	<p>18</p> <p>Tater Tot Casserole Tossed Salad Apple Slices Oatmeal Fruit Bar OJ</p>	<p>19</p> <p>Egg Salad on Bun Tomato Spoon Salad Potato Salad Royal Brownie Cantaloupe</p>
<p>22</p> <p>Meat Loaf Baked Potato Harvard Beets Cranberry/Pear Crisp Orange Juice</p>	<p>23</p> <p>Tuna & Noodles Broccoli Creamy Cole Slaw Cinnamon Apples Apricots</p>	<p>24</p> <p>Chicken, Orange and Almond Salad Raisin Bran Muffin Fruit Cup⁷ Chocolate Pudding</p>	<p>25</p> <p>Liver & Onions -OR- Beef Patty Boiled Potatoes w/gravy Mixed Vegetables Strawberries and Bananas WW Roll</p>	<p>26</p> <p>COOK'S CHOICE</p>
<p>29</p> <p>Cheese Burger WW Bun Santa Fe Corn Baby Carrots Plums OJ</p>	<p>30</p> <p>Golden Baked Chicken Potatoes w/ Gravy Garden Beans Fruit Cup WW Roll</p>	<p>Porcupine Meatballs Mashed Potatoes Brussel Sprouts Strawberries & Bananas</p>	<p>Each Meal Includes:</p> <p>* 1/3 of the Required Daily Amounts (RDA) for persons age 70+ *Milk * Condiments as appropriate Sodium >800mg</p> 	 <p><i>Amy Bogus MS RDW LDW</i></p>