




MAY 2018 MENUS

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
	1	2	3	4
	 Crab or Tuna Salad Carrot Grape Salad Cranberry/Pear Crisp WW Roll	Shepherd's Pie Asparagus Apple Raisin Salad Royal Brownie WW Bread	Chicken with Peach Sauce Brown Rice Three Bean Salad Peaches Tomato Juice	Roast Beef Potatoes w/ Gravy Carrots Applesauce Jello Orange Wedges
	7	8	9	10
Salisbury Ground Beef Mashed Potatoes Cauliflower Mixed Fruit Cranberry Juice	COOK'S CHOICE	Carribean Chicken Rice Pilaf Broccoli Strawberries & Bananas Tomato Juice	Sloppy Joe on WW Bun Potato Salad Fresh Apple Tapioca Pudding	Goulash California Blend Vegetables WW Garlic Bread Oatmeal Fruit Bar Banana Half
14	15	16	17	18
Roast Turkey Potatoes & Gravy Spinach Au Gratin Blushing Pears	Baked Chicken Baked Beans Asparagus Orange Wedges WW Roll	Crunchy Pollock Roasted Red Potatoes Broccoli Strawberries w/ Ice Cream	Tater Tot Casserole Tossed Salad Apple Crisp OJ	Egg Salad on Bun Tomato Spoon Salad Sweet Summer Salad Royal Brownie Cantaloupe
21	22	23	24	25
Meat Loaf Baked Potato Harvard Beets Cranberry/Pear Crisp Orange Juice	Tuna & Noodles Broccoli Creamy Cole Slaw Cinnamon Apples Apricots	Chicken, Orange and Almond Salad Raisin Bran Muffin Fruit Cup Chocolate Pudding	Liver & Onions -OR- Beef Patty Boiled Potatoes w/gravy Mixed Vegetables Strawberries and Bananas WW Roll	COOK'S CHOICE
28	29	30	31	Each Meal Includes:
Memorial Day	Golden Baked Chicken Potatoes w/ Gravy Garden Beans Fruit Cup WW Roll	Porcupine Meatballs Mashed Potatoes Brussel Sprouts Strawberries & Bananas	Crunchy Pollock Potato Wedges Peas Chocolate Pudding Peaches	* 1/3 of the Required Daily Amounts (RDA) for persons age 70+ *Milk * Condiments as appropriate Sodium >800mg 

Amy Barnes MS RDN LDN