

SENIOR LUNCH MENU

MAY 2017

Mon	Tue	Wed	Thu	Fri
1 Sliced Glazed Ham, Whipped Sweet Potatoes, Lima Beans, Hawaiian Fruit Cup, Birthday Cake	2 Meatloaf, Fresh Mashed Potatoes, Gravy, Cheesy Spinach, Baked Apples	3 Cheddar Baked Fish, Calico Cole-slaw, Cauliflower w/Red Peppers, Assort. Cake	4 Spaghetti Noodles, Italian Meat sauce, Tossed Salad, Fresh Fruit	5 Dixie Chicken, Seasoned Carrots, Bread Dressing, Chocolate Chip Cookie
8 Stuffed Peppers, Vegetable Medley, Fruit Trifle	9 Lemon Pepper Chicken, Scalloped Potatoes, Spinach, Poke Cake	10 Beef Tips w/ mushroom gravy, Brown Rice, Carrot Coins, Fruit Crisp	11 Crispy Baked Fish, Creamy Pasta Salad w/veggies, Confetti Cole-slaw, Strawberries/ Pound cake	12 Chicken Florentine, Parmesan Potatoes, Broccoli & Cheesy Cauliflower, Fruit Cobbler
15 Teriyaki Chicken, Brown Rice, Zucchini & tomatoes, Peanut Butter Cookie	16 Beef Piccata, Fresh Mashed Potatoes, Gravy, Sweet & Sour Cabbage, Pineapple, Assorted Cake	17 Fiesta Pork Chop, Rice Pilaf, Brussel Sprouts, Pear Delight	18 Tuna & Cheese Lasagna, Tossed Salad, Dressing, Fruit Crisp	19 BBQ Chicken, Macaroni & Cheese, Coleslaw, Fruit Trifle
22 Herb Roasted Pork, DelMonico Potatoes, Cheesy Broccoli, Fruit, Chocolate Cookie	23 Chicken Rice Casserole, Tossed Salad w/dressing, Berry Trifle	24 Spinach, Mushroom & Cheese Lasagna, Squash Medley, Strawberries w/ topping	25 Honey Glazed Turkey, Sweet Potato Wedges, Seasoned Green Beans, Peach Cobbler	26 Pepper Steak w/ gravy, Mashed Potatoes, Mixed Vegetables, Hawaiian Cup
29 CLOSED 	30 Turkey Divan w/ broccoli, Rice Pilaf, Fruit mix, Peanut Butter Cookie	31 Beefy King Ranch Casserole, Tossed Salad w/ dressing, Pineapple Trifle.		

Healthy Tip of the Month

Watch Portion Sizes

Do you know if you're eating the proper portion size? Get out the measuring cups and see how close your portions are to the recommended serving size. Use half your plate for fruits and vegetables and the other half for grains and lean meat, poultry, seafood or beans. To complete the meal, add a glass of fat-free or low fat milk or a serving of fat free yogurt for dessert. Visit www.choosemyplate.org

All meals are served with a choice of Skim or 2 % Milk and Dinner Roll

