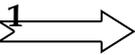


SENIOR LUNCH PROGRAM

MAY 2016

Sun	Mon	Tue	Wed	Thu	Fri	Sat
1  	2 BBQ Chicken, Macaroni & Cheese Coleslaw, Pineapple, Chocolate Chip Cookie	3 Meatloaf, Mashed Potatoes w/gravy, Cheesy Spinach, Baked Apples	4 Beef Tips with mushroom sauce, Rice, Fruit Crisp	5 Cheddar Baked Fish, Potato Fingers, Greens, Assort Cake	6 Dixie Chicken, Seasoned Carrots, Bread Dressing, Fruit Crisp	7
8 	9 Stuffed Peppers, Vegetable Medley, Fruit Cobbler	10 Lemon Pepper Chicken, Scalloped Potatoes, Spinach, Poke Cake	11 Oriental Pepper Steak, Creamy Pasta, Confetti Coleslaw, Brownie	12 Fiesta Pork Chop, Rice Pilaf, Brussel Sprout, Pear Delight	13 Sliced Glazed Ham, Sweet Potatoes, Lima Beans, Hawaiian Cup, Sugar Cookie	14
15	16 Meat Lasagna, Caesar Salad w/ dressing, Fruit Cobbler	17 Turkey W/ gravy, Whipped Sweet Potatoes, Greens, Fresh Fruit Salad, PB Cookie	18 Veggie Lasagna, Squash Medley, Strawberries w/topping	19 Beef Stroganoff, Jefferson Noodles, Seasoned Carrots, Sliced Peaches, Pound Cake	20 Teriyaki Chicken, Brown Rice, Zucchini & Tomatoes, Chocolate C. Cookie	21
22	23 Herb Pork, DelMonico Potatoes, Calico Coleslaw, Fruit Cocktail, Cookie	24 Chicken Rice casserole, Corn O'Brien, Brussel Sprouts, Fruit Trifle	25 Spaghetti Noodles, Italian Meat Sauce, Tossed Salad w/ dressing, Fruit	26 Italian Pork Chop, Scalloped Potatoes, Green Peas, Berry Cup	27 Honey Glazed Turkey, Sweet Potatoes, Green Beans, Fruit Cobbler	28
29	30 Center Closed Holiday 	31 Pork Roast, Baked Sweet Potatoes Fingers, Green Beans, Strawberries, Confetti Cake				

▶ Consult a Registered Dietitian:

Whether you want to lose weight, lower your cholesterol or simply eat better, consult the experts! Registered dietitian can help you by providing sound, easy-to-follow personalized nutrition advice and put you on the path to losing weight, eating well and reducing your risk of chronic disease. Learn more about RDs at: www.eatright.orgRD

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