



MAY | 2018

Main Menu

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
	1 Meatloaf & Gravy Mashed Potatoes Peas Normandy Veggies Peaches Sweet Bread 5	2 Walking Taco Mexican Rice Corn with Peppers Fresh Fruit 7	3 Chicken Bowtie Pasta Carrot Raisin Salad Mixed Fruit Sweet Bread 6	4 Oven Fried Chicken Red Skin Potatoes Sautéed Cabbage Applesauce Corn Muffin & Margarine 6
7 Hamburger on a Bun Baked Beans Broccoli Pears 6	8 Polish Sausage on a Bun Sauerkraut Asparagus Applesauce 4	9 Citrus Salmon Brown Rice Lima Beans Coleslaw Mandarin Oranges 6	10 Salisbury Steak & Gravy Mashed Potatoes Peas Fruit Cocktail Fruit Cobbler 8	11 Stuffed Chicken Rice Pilaf Green Beans Carrots Fresh Fruit 5
14 Bourbon Chicken White Rice Squash Carrot Raisin Salad Fruit Crisp 8	15 Sweet and Sour Meatballs White Rice Wax Beans Spinach, Ambrosia Roll & Margarine 7	16 Hotdog on a Bun Peas Cauliflower Fresh Fruit Fig Newton 6	17 BBQ Chicken Wings Potato Sautéed Cabbage Tomato Salad Fruited Jell-O 5	18 Pork Chop & Gravy Mashed Potato Peas Peaches Wheat Bread & Margarine 5
21 Chicken Salad Croissant Coleslaw Mandarin Oranges 6	22 Sliced Ham Sweet Potatoes Peas Pineapple Tidbits Wheat Bread & Margarine 7	23 Quiche Red Skin Potatoes Succotash Apricots 6	24 Cabbage Rolls Au Gratin Potatoes Peas & Carrots Applesauce Birthday Cake 6	25 Chicken Diane White Rice Green Beans Beets Fresh Fruit 5
28 AGEWELL CLOSED	29 Pork BBQ & Bun Baked Beans Wax Beans Tropical Fruit String Cheese 7	30 Pork Chop Suey White Rice Corn Squash Ambrosia Bread & Margarine 6	31 Roast Beef & Gravy Mashed Potatoes California Blend Green Beans Fruited Yogurt Roll & Margarine 6	***The Numbers reflect the carb count for each meal. 1 carb count = 15g of carbohydrates

News

Includes Low Fat Milk

Meals Include 1/3 of the
Recommended Daily Allowance
(RDA)

Meals Subject to Change

Special Events

May 10: Mother's Day
Celebration at Meal Sites

May 24: Birthday
Celebration

May 28: CLOSED for
Memorial Day



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