

MAY | 2023

Main Menu



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
1 Hotdog Hotdog Bun Peas Cauliflower Fresh Fruit Fig Newton 6	2 S & S Meatballs White Rice Wax Beans Spinach Ambrosia Dinner Roll/Margarine 7	3 Pork Chops & Gravy Mashed Potato Corn Peaches Wheat Bread/Margarine 5	4 Chicken Wings Baked Potato Sautéed Cabbage Tomato Salad Fruited Jell-O 5	5 Bourbon Chicken White Rice Winter Squash Three Bean Salad Fruit Crisp 8
8 Cabbage Roll Au Gratin Potatoes Peas & Carrots Applesauce Banana Pudding 6	9 Chicken Diane White Rice Asparagus Beets Fresh Fruit 5	10 Chicken Salad Wheat Croissant Coleslaw Mandarin Oranges 6	11 Frittata Red Roasted Potatoes Succotash Apricots 6	12 Sliced Ham Sweet Potatoes Peas Pineapple Tidbits Wheat Bread/Margarine 7
15 Pork BBQ Wheat Hamburger Bun Baked Beans Wax Beans Tropical Fruit String Cheese 7	16 Chicken Cavatappi Garlic Bread Lima Beans Side Salad Applesauce 6	17 Pork Chop Suey White Rice Corn Squash Ambrosia Wheat Bread/Margarine 6	18 Roast Beef & Gravy Mashed Potatoes Cali Blend Green Beans Fruited Yogurt Wheat Roll/Margarine 6	19 Herb Tilapia Parsley Noodles Broccoli Coleslaw Peaches 4
22 Oven Fried Fish Baked Potato Coleslaw Spiced Apples 6	23 Swedish Meatballs Egg Noodles Spinach Pineapple Tidbits Bread Pudding 7	24 Sloppy Joe Hamburger Bu Euro Blend Wax Beans Fresh Fruit 5	25 Spaghetti & Meat Sauce Garlic Bread Brussel Sprouts Carrots Fruited Jell-O Birthday Cake 7	26 Scalloped Potatoes & Ham Mixed Veggies Fruit Cobbler Watermelon 7
29 AGEWELL CLOSED	30 Chicken Bowtie Pasta Carrot Raisin Salad Mixed Fruit Sweet Bread/Margarine 6	31 Meatloaf & Gravy Mashed Potatoes Peas Normandy Veg Peaches Sweet Bread/ Margarine 5	1	2 *** 1 carb count = 15g of carbohydrates

**Menu includes
Low Fat Milk**

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

**Meals Subject
to Change**

**5-25 Birthday Celebration
5-29 AgeWell Closed**



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