

MAY | 2024

Main Menu



MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

<p>29*** 1 carb count = 15g of carbohydrates</p>	<p>30</p>	<p>1 Sloppy Joe Hamburger Bun Baked Beans Wax Beans Tropical Fruit String Cheese 7</p>	<p>2 Oven Fried Fish Baked Potato Coleslaw Spiced Apples 6</p>	<p>3 Spaghetti & Meat Sauce Garlic Bread Brussel Sprouts Carrots Fruited Jell-O 6</p>
<p>6 Chicken Bowtie Pasta Carrot Raisin Salad Fruit Cocktail Sweet Bread 6</p>	<p>7 Homemade Macaroni & Cheese Side Salad Asparagus Beets Fruit Crisp 7</p>	<p>8 Oven Fried Chicken Red Roasted Potatoes Sautéed Cabbage Applesauce Corn Muffin/Margarine 6</p>	<p>9 Walking Taco Mexican Rice Corn W/Peppers Fresh Fruit 7</p>	<p>10 Meatloaf & Gravy Mashed Potatoes Peas Cali Vegetables Peaches Sweet Bread/Margarine 5</p>
<p>13 Polish Sausage Hot Dog Bun Sauerkraut Asparagus Applesauce 4</p>	<p>14 Citrus Salmon Brown Rice Green Beans Mandarin Oranges Wheat Roll/Margarine 6</p>	<p>15 Hamburger Hamburger Bun Red Skin Potatoes Broccoli Pears 6</p>	<p>16 S&S Meatballs White Rice Wax Beans Asparagus Ambrosia Dinner Roll/Margarine 7</p>	<p>17 Salisbury Steak Mashed Potato & Gravy Peas Fruit Cobbler Fruit Cocktail 8</p>
<p>20 Stuffed Chicken Rice Pilaf Corn Root Blend Fresh Fruit 7</p>	<p>21 Bourbon Chicken White Rice Squash Three Bean Salad Fruit Crisp 8</p>	<p>22 Pork Chops & Gravy Mashed Potato Corn Peaches Wheat Bread/Margarine 5</p>	<p>23 Chicken Wings Baked Potato Sautéed Cabbage Tomato Salad Fruited Jell-O Birthday Cake 6</p>	<p>24 Hotdog Hotdog Bun Peas Cauliflower Fresh Fruit Fig Newton 6</p>
<p>27 AGEWELL CLOSED</p>	<p>28 Cabbage Rolls Au Gratin Potatoes Carrots Applesauce Chocolate Pudding 6</p>	<p>29 Chicken Diane White Rice Asparagus Beets Fresh Fruit 5</p>	<p>30 Sliced Ham Sweet Potatoes Peas Pineapple Tidbits Wheat Bread/Margarine 7</p>	<p>31 Chicken Salad Wheat Croissant Coleslaw Mandarin Oranges 6</p>

**Menu includes
Low Fat Milk**

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

**Meals Subject
to Change**

**5-23 Birthday Celebration
5-27 AgeWell Closed**



****Please remember
Holiday meals will only
be sent to those in
highest need which is
very few participants**

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