

MAY | 2026

HDM Main Menu



MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

<p>27 carb count = 15g of carbohydrates</p>	<p>28</p>	<p>29</p>	<p>30</p>	<p>1 Hotdog Hotdog Bun Peas Cauliflower Fresh Fruit Fig Newton 6</p>
<p>4 Chicken Salad Wheat Croissant Coleslaw Mandarin Oranges 6</p>	<p>5</p>	<p>6 Cabbage Roll Au Gratin Potatoes Peas & Carrots Applesauce Banana Pudding 6</p>	<p>7</p>	<p>8 Chicken Diane White Rice Asparagus Beets Fresh Fruit 5</p>
<p>11 Beef Stew Mashed Potatoes Cali Blend Green Beans Fruited Yogurt Dinner Roll/Butter 6</p>	<p>12</p>	<p>13 Chicken Cavatappi Garlic Bread Lima Beans Side Salad Applesauce 6</p>	<p>14</p>	<p>15 Pork Chop Suey White Rice Corn Squash Ambrosia Wheat Bread/Butter 6</p>
<p>18 Spaghetti & Meat Sauce Garlic Bread Brussel Sprouts Carrots Fruited Jell-O 6</p>	<p>19</p>	<p>20 Swedish Meatballs Egg Noodles Spinach Pineapple Tidbits Bread Pudding 7</p>	<p>21</p>	<p>22 Scalloped Potato & Ham Mixed Veggies Fruit Cobbler Fresh Fruit 7</p>
<p>25 AgeWell Closed</p>	<p>26</p>	<p>27 Crispy Baked Chicken Red Roasted Potatoes Sautéed Cabbage Applesauce Corn Muffin/Butter Birthday Cake 6</p>	<p>28</p>	<p>29 Walking Taco Mexican Rice Corn W/peppers Fresh Fruit 7</p>

**Menu includes
Low Fat Milk**

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

**Meals Subject
to Change**

**5/25 AgeWell Closed
5/27 Birthday Celebration**



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