



# Lunch Menu

Monday - Tuesday - Wednesday - Thursday - Friday

12:00 pm

\$ 3.00 Contribution

OLDER  
AMERICANS  
MONTH



Engage at Every Age: MAY 2018

Mon	Tues	Wed	Thurs	Fri
	<p><u>May 1-</u> Ham, Turkey,  Roast Beef  Sandwich and Soup</p>	<p><u>May 2-</u> Individual Meat Loaf Vegetable Gravy Mashed Potatoes Scandinavian Blend Vegetables Wheat Bread Pineapple </p>	<p><u>May 3-</u>  *Brunch 10:30</p>	<p><u>May 4-</u> Sweet &amp; Sour Pork Brown Rice Oriental Blend Vegetables Spinach Dinner Roll Fruit Cocktail</p>
<p><u>May 7-</u> Breaded Haddock Red Jacketed Potatoes Tuscany Blend Vegetables Marble Rye Bread Peaches </p>	<p><u>May 8-</u> Ham, Turkey,  Roast Beef  Sandwich and Soup</p>	<p><u>May 9- Mothers Day Celebration</u> Roast Chicken Breast Dressing Mashed Potatoes w/ Gravy Malibu Blend Vegetables Chocolate Cake</p>	<p><u>May 10-</u> Roast Pork Dressing Smashed Potatoes Sicilian Blend Vegetables Orange Cake </p>	<p><u>May 11-</u> Pub Burger Onion Apple Juice Summer Potato Salad Hamburger Bun Fresh Fruit Cup</p>
<p><u>May 14-</u> Chicken ala King Carrots Peas Warm Biscuit Apricots </p>	<p><u>May 15-</u> Seafood Salad Lettuce Leaf Tomato Slice Cabbage Beef Soup Wheat Thinwich Pineapple </p>	<p><u>May 16-</u> Broccoli Cheese Quiche Cucumber , Onion, Sour Cream &amp; Dill Salad Green Beans 12 Grain Bread Fresh Orange </p>	<p><u>May 17-</u></p>	<p><u>May 18-</u> Braised Pork Chop Gravy Mashed Potatoes Spanish Lima Beans Wheat Dinner Roll Fresh Apple </p>
<p><u>May 21-</u> Goulash w/ Ground Beef Broccoli Scandinavian Blend Vegetables Applesauce </p>	<p><u>May 22-</u> Ham, Turkey,  Roast Beef  Sandwich and Soup</p>	<p><u>May 23-</u> Italian Sausage Pasta &amp; Sauce Wax Beans Italian Blend vegetables Italian Bread Mandarin Oranges </p>	<p><u>May 24-</u>  *Club Dinner Call 444-0159</p>	<p><u>May 25-</u> Breaded Haddock Tarter Sauce Coleslaw w/ out Pineapple Tuscany Blend Vegetables Pineapple </p>
<p><u>May 28-</u>  Center Closed </p>	<p><u>May 29-</u> Macaroni &amp; Cheese Tomatoes, Zucchini &amp; Onion Broccoli Wheat Bread Apricots </p>	<p><u>May 30-</u> Ground Beef Stroganoff Brown Rice Brussels Sprouts Mixed Vegetables Rye Bread Fruit Cocktail </p>	<p><u>May 31-</u></p>	<p>"As we get older, we get better at choosing in ways that will make us happy. We do a better job at picking activities that make us happy, and at spending time with people who make us happy".</p>



**Come and Join Us For Lunch**  
**Call for Reservations 334-4030**

Certified by Mary Apps, MS, RD, CDN

\*= Meal is NOT certified by MCOFA Dietitian or provided by ABVI

