

MAY 2023: LUNCHEON MENU

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
1 3 oz. low sodium Beef Hot Dog 2 oz. Sauerkraut/½ c. Baked Beans ½ c. Green Beans 1.4 oz. Hot Dog Roll 1 Ketchup/Mustard Packet ½ c. Canned Peaches 8 oz. 2% Milk	2 6 oz. Sweet and Sour Chicken w/ peppers and onions ½ c. Brown Rice ½ c. Japanese Vegetables 1.1 oz. Roll ½ c. Vanilla Pudding 8 oz. 2% Milk	3 8oz Escarole Soup/ Crackers ½ c. Tuna Salad ½ c. Potato Salad ½ c. Cucumber Salad 1 slice Wheat Bread Fresh Orange 8 oz. 2% Milk	4 Chef's Salad/Tomato and 3 oz. Ham Turkey, Egg and Cheese ½ c. Pasta Salad 1 slice Wheat Bread 2 T French Dressing ½ c. Pineapple 8 oz. 2% Milk	5 3 oz. Beef Meatballs ½ c. Cheese Ziti 2 oz. Marinara Sauce ½ c. Sautéed Spinach Parmesan Cheese 2 oz. Hoagie Roll ½ c. Pears/8 oz. 2% Milk
8 8 oz. Tomato Soup/ Crackers 3 oz. Beef Meatloaf 2 oz. Gravy ½ c. Mashed Potatoes ½ c. Beets 1 slice Wheat Bread Brownie/8 oz. 2% Milk	9 3 oz. Beef Cheese Steak Sandwich Fried Onions 1.6 oz. Hoagie Roll ½ c. Home Fried Potatoes ½ c. Succotash (corn/lima beans) Banana 8 oz. 2% Milk	10 8 oz. Pea Soup 3 oz. Crab Cake/Tartar/Cocktail Sauce ½ c. Macaroni and Cheese ½ c. Stewed Tomato/Zucchini 1 slice Wheat Bread ½ c. Peaches 8 oz. 2% Milk	11 Turkey Hoagie (3 oz. Meat/Cheese, Hoagie Roll) ½ c. Lettuce and Tomato ½ c. Potato Salad 1 packet Mayonnaise Apple 8 oz. 2% Milk	12 3 oz. Chicken Florentine/2 oz. Sauce ½ c. Rice ½ c. Carrots 1 c. Tossed Salad/Tomato 2 T. Creamy Italian Dressing 1 slice Wheat Bread Sugar Cookies/8 oz. 2% Milk
15 1 cup Beef and Macaroni (3 oz. EP Beef)/¼ c. Tomato Sauce ½ c. Mixed Vegetables 1.4 oz. Sandwich Roll Parmesan Cheese ½ c. Fruit Cocktail (pineapple, peach, pear, grapes, cherries) 8 oz. 2% Milk	16 3 oz. Cheese Omelet ½ c. Roasted Potatoes, Peppers, Onions ½ c. Spinach 1 slice Wheat Bread ½ c. Mandarin Oranges 8 oz. 2% Milk	17 3 oz. Beef Salisbury Steak 2 oz. Gravy ½ c. Scalloped Potatoes ½ c. Broccoli 1 slice Whole Wheat Bread ½ cup Pineapple 8 oz. 2% Milk	18 8 oz. Baked Potato Soup/ Crackers 4 oz. Seafood Salad Lettuce Leaf w/ Sliced Tomato 4 oz. Pickled Beets 1 slice Wheat Bread ½ c. Chocolate Pudding 8 oz. 2% Milk	19 3 oz. Chicken Parmesan 4 oz. Pasta 2 oz. Tomato Sauce ½ c. Garlic Green Beans 1 slice Wheat Bread/Parmesan Cheese Banana 8 oz. 2% Milk
22 3 oz. Breaded White Fish ½ c. Macaroni & Cheese ½ c. Stewed Tomatoes 1 slice Wheat Bread/ Ketchup/Tartar Sauce ½ c. Tropical Fruit Salad (pineapple, papaya) 8 oz. 2% Milk	23 8 oz. Minestrone Soup/ Crackers 3 oz. BBQ Chicken Leg ½ c. Mashed or Red Skin Potatoes ½ c. Green Peas and Carrots 1.4 oz. Roll ½ c. Mandarin Oranges 8 oz. 2% Milk	24 Memorial Day Meal! 3 oz. low sodium Beef Hot Dog Sauerkraut 1.4 oz. Hot Dog Roll ½ c. Baked Beans / ½ c. Green Beans Ketchup and Mustard Packs 4 oz Cake 8 oz. 2% Milk	25 8 oz. Beef Barley Soup/Crackers 3 oz. Tuna Salad on Lettuce Leaf w/ Sliced Tomato ½ c. Macaroni Salad ½ c. 3 Bean Salad 1 slice Wheat Bread ½ c. Canned Pears 8 oz. 2% Milk	26 3 oz. Hot Roast Beef Sandwich 2 oz. Gravy ½ c. Garlic Mashed Potatoes ½ c. Brussels Sprouts 1.1 oz. Dinner Roll ½ c. Vanilla Ice Cream or Applesauce 8 oz. 2% Milk
29 CENTER CLOSED in observance of Memorial Day	30 3 oz. Roast Pork 2 oz. Gravy ½ c. Sweet Potato & Apples ½ c. Harvard Beets 1 Slice Whole Wheat Bread ½ c. Rice Pudding 8 oz. 2% Milk	31 8 oz. Chicken Vegetable Soup 3 oz. Cheese Omelet ½ c. Roasted Potatoes, Peppers, Onions ½ c. Spinach 1 slice Wheat Bread ½ c. Mandarin Oranges 8 oz. 2% Milk		