

Home Delivered Meals YATES

For more information call: (315)-536-6038

MAY 2022

Monday	Tuesday	Wednesday	Thursday	Friday
2 Meatball Sub w/ sauce Parmesan Cheese Wax Beans Mandarin Oranges 100% Whole Wheat Hot Dog Bun Promise Margarine 1% Milk Grape Juice	3 Summer chicken w/ Summer sauce Honey Roasted Sweet Potato Cauliflower Mixed Fruit 100% Whole Wheat Bread Promise Margarine 1% Milk Apple Juice	4 Tuna Salad Served on lettuce 3 Bean salad Peaches 100% Whole Wheat Dinner roll Promise Margarine 1% Milk Orange Juice	5 Hot Dog Potato Salad Spinach Cinnamon Apples 100% Whole Wheat Hot dog bun Promise Margarine 1% Milk Apple Juice	6 Macaroni & Cheese Stewed Tomatoes Vanilla Yogurt w/fruit 100% Whole Wheat Bread Promise Margarine 1% Milk Grape Juice
9 Stuffed Shells w/ sauce Zucchini Cinnamon Pears 100% Whole Wheat Bread Promise Margarine 1% Milk Orange Juice	10 Sloppy Tom Supreme Carrots Tropical Fruit Salad 100% Whole Wheat Hamburger Bun Promise Margarine 1% Milk Apple Juice	11 Chicken Salad served on lettuce w/ mayo Swiss cheese Marinated Tomatoes & Green Pepper Watermelon 100% Whole Wheat Dinner Roll 1% Milk Grape Juice	12 Beef Stroganoff Spiral Pasta Summer Squash Medley Mandarin Oranges 100% Whole Wheat Bread Promise Margarine 1% Milk Grape Juice	13 White Fish w/dill sauce Brown Rice Season White/Green Beans Pineapple Corn Muffin Promise Margarine 1% Milk Orange Juice
16 Ham Scalloped Potatoes Asparagus Cantaloupe Cubes 100% Whole Wheat Bread Promise Margarine 1% Milk Grape Juice	17 Cheese Tortellini w/ Chicken & Roasted Red Pepper Sauce Sicilian Blend Vegetable Fruit cocktail 100% Whole Wheat Bread Promise Margarine 1% Milk Apple Juice	18 Egg Salad on shredded lettuce Fresh Broccoli Salad Mojito Fruit Salad 100% Whole Wheat Hamburg Bun Promise Margarine 1% Milk Orange Juice	19 BBQ Pulled Pork Baked Beans Coleslaw Strawberries w/ topping Whole Wheat Hamburger Bun Promise Margarine 1% Milk Grape Juice	20 Lemon Pepper Chicken Red Skinned Potato Harvard Beets Applesauce Whole Wheat Bread Promise Margarine 1% Milk Apple Juice
23 Meatloaf w/ onion Gravy Mashed Sweet Potato Peas Pineapple Tidbits 100% Whole Wheat Bread Promise Margarine 1% Milk Grape Juice	24 Orange Pork w/ sauce Pacific Blend Veg Pound Cake Mixed berries & whipped topping 100% Whole Wheat Bread Promise Margarine 1% Milk Apple Juice	25 Chicken Pasta Primavera Zucchini with Tomatoes Tropical Fruit 100% Whole Wheat Bread Promise Margarine 1% Milk Grape Juice	26 Salisbury Steak w/ Mushroom Gravy Macaroni Salad Broccoli Cranberry Fruit Salad 100% Whole Wheat Bread Promise Margarine 1% Milk Grape Juice	27 Vegetable Lasagna w/ white sauce Carrots Peaches 100% Whole Wheat Bread Promise Margarine 1% Milk Orange Juice
30 CLOSED FOR MEMORIAL DAY	31 Chili Crackers Brussels Sprouts Rice Pudding / raisins 100% Whole Wheat Roll Promise Margarine 1% Milk Grape Juice			

Menu subject to change without notice.

Voluntary donations are very important to maintain the program. The suggested contribution per meal is \$4.00. We gladly accept Food Stamps, cash, or checks paid daily, weekly or monthly. Thank you.

If you are not yet 60, there is a charge of \$8.75 per meal.

Substitutions can be made for the entrée meal only. Please call at least 2 days in advance with your choice.

- A. Macaroni & Cheese w/ Stewed Tomatoes**
- B. Chicken with gravy, mashed potatoes and carrots**
- C. Meatloaf, Yams ,Green Beans**
- D. Ham, Mashed Potatoes, Spinach**