


# MAY 24

**All meals served with 1% Milk, Juice, Bread, & Butter**

**Menu & Activities Subject To Change**

<b>Monday</b>	<b>Tuesday</b>	<b>Wednesday</b>	<b>Thursday</b>	<b>Friday</b>
		1 Pot Roast w/ Gravy Mashed Potato, Mirapoix Veg Pears Apple Juice, W/W Bread	2 Tangy Ranch Chicken Whipped Sweet Potatoes 5 Way Blend Veg, Mandarin Oranges Apple Juice, W/W Bread	3 Italian Lasagna w/Sauce Brussels Sprouts Grapes Apple Juice, W/W Bread
6 Meatball Sub w/Marinara Wax Beans Mandarin Oranges Grape Juice, W/W Bread	7 Summer Chicken w/Summer Sauce Honey Roasted Sweet Potato Cauliflower, Mixed Fruit Apple Juice, W/W Bread	8 Tuna Salad w/ Shredded Lettuce 3 Bean Salad Peaches Orange Juice, Dinner Roll	9 Shaved Meat Cabbage and Carrot Slaw Apple w/Cheese Wedge Grape Juice, W/W Bread	10 Macaroni & Cheese Stewed Tomatoes Mixed Fruit Orange Juice, W/W Bread
13 Ham w/ Scalloped Potatoes Asparagus Cantaloupe Cubes Grape Juice, W/W Bread	14 Sloppy Tom Supreme Carrots Tropical Fruit Salad Apple Juice, W/W Bun	15 Hot Dog Bahama Blend Vegetables Berries w/ Yogurt Orange Juice, W/W Hot Dog Roll	16 Beef Stroganoff w/ Spiral Pasta Summer Squash Medley Mandarin Oranges Grape Juice, W/W Bread	17 Italian Sausage w/ Peppers & Onions Chuckwagon Corn, Melon Apple Juice W/W Hotdog Bun
20 Stuffed Shells w/Italian Sauce Zucchini Cinnamon Pears Grape Juice, W/W Bread	21 Taco Meal w/ Salsa Pineapple Tidbits Apple Juice, W/W Tortilla Shell	22 Egg Salad w/ Shredded Lettuce Broccoli Raisin Salad Blueberries Orange Juice, W/W Hamburger Bun	23 BBQ Pulled Pork Baked Beans, Coleslaw Strawberries w/ Whipped Topping Grape Juice, W/W Hamburger Bun	24 Lemon Pepper Chicken Red Skinned Potato Harvard Beets, Peaches Apple Juice, W/W Bread
27  CLOSED FOR MEMORIAL DAY	28 Shaved Pork Tenderloin w/Mushroom Gravy, Rice Pilaf Sliced Apples w/ Granola Apple Juice, W/W Bread	29 Chicken Pasta Primavera Zucchini w/Tomato Tropical Fruit Grape Juice, W/W Bread	30 Salisbury Steak w/Savory Gravy Brussels Sprouts Mixed Berries w/Whipped Topping Apple Juice, Pound Cake	31 Vegetable Lasagna w/White Sauce, Carrots Applesauce Orange Juice, W/W Bread

<p><b>Subs:</b></p> <p><b>Call: Senior Nutrition</b> <b>315-536-6038</b></p> <p>A. Mac &amp; Cheese w/ Stewed Tomato B. Chicken w/Gravy, Mashed Potato, Carrots C. Meatloaf w/Gravy, Yams, Green Beans D. Ham, Mashed Potato, Spinach</p>	<p><b><u>MEAL CONTRIBUTION</u></b></p> <p>Voluntary donations are very important to maintain the program * <b>\$4.00</b> Suggested Contribution for Seniors 60 + We gladly accept Food Stamps, Cash or Checks</p>
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