

LUNCH MENU • MAY 2021



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
3 Pollock Fillet 19 Baked Potato 18 Green Beans w/ Onions & Bacon 12 Apple Raisin Carrot Salad 20 Hawaiian Roll 19	4 Pulled Pork 10 Roasted Potatoes 17 Asparagus 3 Fresh Blueberries 7 Hamburger Bun 25 Carnival Cookie 18	5 <u>Cinco de Mayo</u> Taco 25 Refried Beans 12 Spanish Rice 16 Salsa 7 Mango Chunks 14 Tossed Salad 3	6 Pizza 43 Italian Blend 7 Tossed Salad 1 Banana 27	7 <u>Mother's Day</u> Cheesy Chicken 9 / Gravy 3 Mashed Potatoes 16 Maui Blend Veggies 7 Strawberry Cream Pie 31 French Bread Roll 19
10 Crispy Chicken 9 Cheesy Potatoes 20 Brussels Sprouts 8 Fruit Cup 13 Nugget Roll 15	11 Beef Stroganoff 7 / Fettuccini 16 Peas & Carrots 12 Tossed Salad 1 Sliced Apples 14 Multi-Grain Swirl Bread 23	12 Egg Bake 3 Oven Roasted Brussels Sprouts 15 Ambrosia Salad 31 Cinnamon Swirl Bread 20 Orange Juice 13	13 Turkey Reuben Sandwich 7 Whole Grain Sub Bun 28 Roasted Red Potatoes 17 Prunes 23	14 Fish Sandwich 18 Hamburger Bun 25 Smashed Potatoes 19 Broccoli 6 Fresh Peach 15
17 Beef & Broccoli 12 Brown Rice 17 Grilled Carrots & Red Pepper 9 Apple 22 Veggie Bread 21	18 BBQ Chicken Breast 18 Parsley Potatoes 20 Green Beans 6 Pineapple Chunks 11 Caprese Salad 3 Hawaiian Roll 19	19 Potato Crunch Pollock 13 Baked Potato 18 Broccoli 6 Raspberry Cake 36	20 Pork Chop Suey 19 Brown Rice 17 Carrots 8 Pear 23 Butter Croissant 9 Fortune Cookie 3	21 Cheddar Burger w/ Fried Onions 3 Hamburger Bun 25 Lettuce, Tomato & Onion 8 Roasted Red Potatoes 16 Cukes 'n Vinegar 8 Strawberries & Blueberries 9
24 Fish Tenders 22 Broccoli w/ Cheese 6 Fresh Potato Salad 16 Red Grape Pack 8 Snickerdoodle Cookie 18	25 Philly Sloppy Joe w/ Bun 31 Ranch Potatoes 17 Carrots 8 Sliced Apples 14 Chocolate Chip Cookie 13	26 Ginger Chicken & Asparagus 14 Orzo 28 Malibu Blend Veggies 6 Pineapple Chunks 11 Petit Pain Roll 25	27 Roast Pork 1 / Gravy 4 Mashed Potatoes 16 Caribbean Blend Veggies 7 Fresh Pear 23 Wheat Roll 15	28 <u>Memorial Day</u> Chicken Ranch Sandwich 40 Creamy Bacon Dressing 1 Roasted Asparagus 2 Macaroni Salad 23 Red, White & Blue Parfait 28

Menus subject to change without notice. Meals on Wheels Hotline: Call 633-3789 for changes in delivery by 9 am. Reservations are required. Numbers after each menu item indicate the number of carbohydrates in grams for that item. Milk (13) is served with each meal.