

# Meals on Wheels • DINNER MENU

MAY 2021



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<b>3</b> Ham & Cheese 3 Shred Lettuce 1 Flat Bread 24 Italian Pasta Salad 27 Canned Prunes 23 Mustard	<b>4</b> Chicken Waldorf Salad 9 Marinated California Blend 6 Peaches 21 Petit Pain Roll 25 Snickerdoodle Cookie 18	<b>5</b> <u>Cinco de Mayo</u> Cottage Cheese & Berry Plate 22 Marinated Carrots 9 Zucchini Muffin 32 Animal Crackers 22	<b>6</b> Chef Salad 11 Peas & Peanut Salad 10 Apple 22 Fruit Pizza 18	<b>7</b> <u>Mother's Day</u> Turkey, Cheese & Veggie Plate 7 Coleslaw 9 Molded Cranberry Salad 34 Fresh Pear 23 Salad Dressing Wheat Roll 13
<b>10</b> Ground Turkey Salad 6 Hamburger Bun 25 Potato Salad 16 Brownie 24 Fresh Strawberries 7	<b>11</b> Almond Lemon Chicken 5 Grape Tomatoes 6 Pears 29 Hawaiian Roll 19 Double Chocolate Cookie 18	<b>12</b> Tuna Pasta Salad 27 Three Bean Salad 15 Pineapple Chunks 11 Petit Pain Roll 25	<b>13</b> Taco Salad 5 Taco Chips 17 Salsa 6 Orange 14 Donut Holes 15	<b>14</b> Ham, Turkey & Cheese 3 Tomato & Lettuce 7 Cranberry Walnut Bread 29 Navy Bean Salad 17 Grapes 8 Salad Dressing
<b>17</b> Chicken Tortellini Salad 25 Marinated Italian Veggies 8 Mandarin Oranges 12 Banana Muffin 36	<b>18</b> Turkey & Provolone 2 Flat Bread 24 German Potato Salad 25 Carrot & Celery Sticks 3 Ranch Dipping Cup 5 Fruit Cocktail 16	<b>19</b> Chef Salad 11 Fresh Strawberries 7 Peaches 14 Glorious Morning Muffin 24	<b>20</b> Chicken Salad 8 Three Bean Salad 15 Apple 21 Prune Juice 18 Petit Pain Roll 25	<b>21</b> Simple Egg Salad 5 Marinated California Blend 6 Banana 27 Naan Bread 20 Pineapple Juice 13
<b>24</b> Dinner Ham 3 Lettuce & Tomato 7 Cranberry Walnut Bread 29 Navy Bean Salad 17 Pineapple Delight 15 Mustard	<b>25</b> Oriental Chicken Salad 27 Peas & Peanut Salad 10 Apple 22 Hawaiian Roll 19	<b>26</b> Ground Turkey Salad 6 Hamburger Bun 25 Lettuce & Tomato 7 Three Bean Salad 15 Triple Berry Parfait 27	<b>27</b> Tuna Apple Salad 10 Broccoli Raisin Salad 11 Strawberries & Blueberries 14 Clementine 9 Naan bread 20	<b>28</b> <u>Memorial Day</u> Roast Pork 1 Veggie Bread 27 Carrot & Celery Sticks 3 Confetti Bean Salad 16 Banana 27 Mustard

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.