



CENTER HOT MENU • MAY 2024

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
29 Lemon Pepper Chicken Ranch Potatoes** California Blend Vegetables Naan Flatbread* Ambrosia Salad**	30 Stuffed Green Pepper w/ Spaghetti Sauce* Roasted Red Potatoes** Golden Delicious Apple* Bread Stick*	1 Chicken Parmesan* over Spaghetti Noodles* Broccoli Red Grapes*	2 Beef & Broccoli* over Brown Rice** Braised Cabbage Burst O Berries* Almond Lemon Bar*	3 CINCO DE MAYO Chicken Enchiladas*** Spanish Rice* Refried Beans** Tomato Salad 2 Clementines* Churro*
6 Smothered Chicken Cauliflower w/ Parsley Butter Sauce Kiwi* Pistachio Fluff** Rye Bread*	7 Meat & Veggie Pizza** Peas & Carrots* Fruited Gelatin*	8 Meatloaf* w/Gravy Mashed Potatoes* Cut Green Beans Fresh Strawberries* French Bread Roll*	9 Orange Chicken** over Brown Rice** Asparagus Red Delicious Apple* Fortune Cookie	10 Fish Tenders* Smashed Baked Potato* Dilled Carrots* Strawberry Shortcake***
13 Chicken Bowl*** Corn* Strawberries**	14 Chicken Enchiladas*** Spanish Rice* Cucumber & Tomato Salad 2 Clementine*	15 Stuffed Salmon w/ Alfredo Sauce* Brussel Sprouts w/Apples* Kiwi* Blueberry Muffin**	16 Sweet Honey Chicken Tenders** over Mac & Cheese* Dilled Carrots* Strawberries & Blueberries*	17 Baked Spaghetti** California Blend Vegetables Red Grapes* Savory Garlic Bread*
20 French Dip** Ranch Potatoes** Cucumber & Tomato Salad Golden Delicious Apple*	21 Chicken Cordon Bleu* w/ Alfredo Sauce Roasted Red Potatoes** Braised Red Cabbage w/ Apples* Applesauce Salad**	22 Smoked Honey Ham Steak Parsley Potatoes* Broccoli Red Grapes* Carrot Cake***	23 Cheesy Chicken Smashed Baked Potato* Peas & Carrots* Fresh Blueberries* Hawaiian Roll*	24 MEMORIAL DAY CELEBRATION Crispy Fish Fillet* Macaroni & Cheese* Cauliflower w/ Parsley Butteer Sauce 2 Clementines* Red, White and Blue Parfait** French Bread Roll*
27 ALL CENTERS CLOSED FOR MEMORIAL DAY	28 Stuffed Green Pepper w/ Spaghetti Sauce* Roasted Red Potatoes** Golden Delicious Apple* Bread Stick*	29 Chicken Parmesan* over Spaghetti Noodles* Broccoli Red Grapes*	30 Beef & Broccoli* over Brown Rice** Braised Cabbage Burst O Berries* Almond Lemon Bar*	31 Tuna Noodle Casserole** Stewed Apples* Broccoli Citrus Salad* Wheat Sweet Yeast Roll**

All meals served at 11:30 am at the Activity & Dining Centers. To reserve a lunch by 9 am call the Center you will attend:

Sanford: (989) 687-7888 Coleman: (989) 465-6216 Trailside: (989) 633-3790 Mills: (989) 282-1622 Greendale: (989) 832-8683.

Meals on Wheels Hotline: Call 989-633-3789 for changes in delivery by 9 am. Reservations are required. Menus subject to change without notice.

* = 15 gm carbohydrate. If there is no (*) by an item, there are little-no carbohydrates in that food item. Milk* is served with each meal.



SENIOR SERVICES
www.SeniorServicesMidland.org
989-633-3700

Meals on Wheels Cold MENU • MAY 2024

MONDAY		TUESDAY		WEDNESDAY		THURSDAY		FRIDAY	
29	Cottage Cheese & Fruit** Navy Bean Salad* Grape Juice* Peanut Butter Cookie*	30	Almond Lemon Chicken Peas & Peanut Salad* Red Grapes* Hawaiian Roll*	1	Boiled Eggs Broccoli Citrus Salad* Fresh Pear** Apple Walnut Buttermilk Muffin**	2	Tuna Pasta Salad** Confetti Bean Salad* 2 Clementine* Sourdough Bread*	3	CINCO DE MAYO Chicken & Bean Salad** Apple Raisin Carrot Salad* Green Grapes* Poppyseed Bread**
6	Crispy Chicken & Colby Jack Cheese w/ Hamburger Bun** Red Beans & Pasta Salad** Strawberries*	7	Mexican Chicken Salad Taco Chips** & Salsa Fresh Plum* Banana Pudding w/ Vanilla Wafers**	8	Egg Salad Confetti Bean Salad* Grape Juice* Wheat Sweet Yeast Roll**	9	Million Dollar Chicken Salad w/ Bacon & Sunflower Seeds Broccoli Citrus Salad* Fresh Pear** Cinnamon Swirl Bread*	10	Meatloaf* Sandwich w/ Rye Bread** Cucumbers 'n Cream Banana**
13	Tuna Salad Corn Salad* Fresh Plum* Raisins** Wheat Sweet Yeast Roll**	14	Chicken Walford Salad Greek Pasta Salad* Fresh Pear** Grape Juice* Rye Bread**	15	Cabbage and Ham Salad* Golden Delicious Apple* French Bread Roll* Tapioca Pudding**	16	Chicken Tortellini Salad** Apple Raisin Carrot Salad* Kiwi* Peanut Butter Cookie*	17	Turkey & Colby Sandwich with Pub Bun** Corn Salad* Red Delicious Apple* Oatmeal Cookie*
20	Pork & Provolone Sandwich with Pub Bun** Navy Bean Salad* Strawberries & Blueberries*	21	Taco Salad Taco Chips** & Salsa Peaches* Banana Pudding w/ Vanilla Wafers**	22	Tuna Pasta Salad** Cucumbers 'n Cream Golden Delicious Apple* Confetti Filled Cookie**	23	Asian Chicken Salad w/ Almonds** Broccoli Citrus Salad* Fresh Pear** Chocolate Pudding**	24	MEMORIAL DAY CELEBRATION Chicken Pasta Salad** Pickled Beets Banana** Wheat Sweet Yeast Roll**
27	ALL CENTERS CLOSED FOR MEMORIAL DAY	28	Almond Lemon Chicken Peas & Peanut Salad* Red Grapes* Hawaiian Roll*	29	Boiled Eggs Broccoli Citrus Salad* Fresh Pear** Apple Walnut Buttermilk Muffin**	30	Tuna Pasta Salad** Confetti Bean Salad* 2 Clementine* Sourdough Bread*	31	Chicken & Bean Salad** Apple Raisin Carrot Salad* Green Grapes* Poppyseed Bread**

All meals served at 11:30 am at the Activity & Dining Centers. To reserve a lunch by 9 am call the Center you will attend:

Sanford: (989) 687-7888 Coleman: (989) 465-6216 Trailside: (989) 633-3790 Mills: (989) 282-1622 Greendale: (989) 832-8683.

Meals on Wheels Hotline: Call 989-633-3789 for changes in delivery by 9 am. Reservations are required. Menus subject to change without notice.

* = 15 gm carbohydrate. If there is no (*) by an item, there are little-no carbohydrates in that food item. Milk* is served with each meal.