



MAY 2019

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	WEEKLY AVERAGE
		1 Steak Tender Salad Spanish Rice Pinto Beans Tortilla Chips Cinnamon Apples	2 Sliced Turkey Breast Turkey Gravy Whipped Potatoes Pacific Blend Cornbread Muffin Pineapple Tidbits	3 Cheesy Beef Ziti Herbed Cauliflower Green Beans Breadstick Fresh Seasonal Fruit	697 Calories 38.6g Protein 84.9g Carbohydrates 23.2g Fat 889mg Sodium
6 Salisbury Steak Macaroni & Cheese Rosemary Carrots Wheat Bread Tropical Fruit	7 Herbed Chicken Scalloped Potato Casserole Mixed Vegetables Dinner Roll Fresh Seasonal Fruit	8 Tuna Salad Pasta Salad Tomato Spoon Relish Multi Grain Bread Ranger Cookie	9 Turkey Pot Roast with Brown Gravy Whipped Potatoes Green Beans Wheat Roll Fresh Banana	10 Mozzarella Chicken Whole Kernel Corn Mixed Green Salad Texas Bread Hot Peaches	674 Calories 38.8g Protein 86.8g Carbohydrates 19.5g Fat 849mg Sodium
13 Baked Chicken Breast Sesame Sauce Herbed Rice Capri Blend Dinner Roll Fresh Seasonal Fruit	14 Salisbury Steak Brown Gravy Roasted Potatoes Green Beans Wheat Roll Fruit Cocktail	15 BBQ Chicken on a Bun Corn O'Brien Coleslaw Fruit Compote	16 Roast Beef Whipped Potatoes Brown Gravy Mixed Vegetables Wheat Roll Cranapplesauce	17 Tuna Noodle Casserole Stewed Tomatoes Broccoli Breadstick Fig Bar	651 Calories 37.2g Protein 87.8g Carbohydrates 18.0g Fat 964mg Sodium
20 Baked Meatballs Alfredo Sauce Green Peas Rosemary Carrots Multi Grain Bread Fresh Seasonal Fruit	21 Turkey with Wild Rice Steamed Cauliflower Green Beans Breadstick Fruited Gelatin	22 Oven Fried Chicken Whipped Potatoes Country Gravy Squash Medley Wheat Roll Brownie	23 Lemon Pepper Fish Lima Beans Ranchero Blend Wheat Bread Diced Pears	24 Hamburger Patty on a Bun Lettuce & Tomato Roasted Potatoes Baked Beans Fresh Seasonal Fruit	711 Calories 38.0g Protein 92.6g Carbohydrates 21.7g Fat 883mg Sodium
27 Meals on Wheels Office Closed MEMORIAL DAY	28 Meatloaf Whipped Potatoes Brown Gravy Collard Greens Cornbread Muffin Mixed Fruit	29 Turkey Tetrizzini Steamed Cauliflower Mixed Green Salad Bread Stick Hot Pineapple	30 Baked Chicken Breast Pesto Sauce Sweet Potatoes Broccoli Biscuit Fresh Banana	1 Italian Shells and Cheese Sliced Carrots Green Beans Breadstick Butterscotch Pudding	676 Calories 36.2g Protein 89.0g Carbohydrates 20.4g Fat 765mg Sodium
JUNE 2019					
4 Swedish Meatballs Delmonico Potatoes Honey Glazed Carrots Dinner Roll Rice Krispy Treat	5 Potato Crusted Fish Au Gratin Noodles Mixed Vegetables Wheat Bread Mixed Fruit	6 Roast Beef Brown Gravy Mashed Red Potatoes Italian Green Beans Wheat Roll Fruited Orange Gelatin	7 BBQ Rib Patty on a Bun O'Brien Potatoes Coleslaw Hot Spiced Pears	8 Chicken Tenders Honey Mustard Sauce Whole Kernel Corn Broccoli Wheat Bread Sugar Cookie	753 Calories 34.3g Protein 96.1g Carbohydrates 26.2g Fat 988mg Sodium



Menus are subject to change without notice
 Mechanical diets may be different from what is printed.
 Food Stamps or Vision Cards accepted

All meals include 1% Milk
 All client contributions go back into the
 program for meal provision