

May 2024 Meals on Wheels Menu

		Wednesday 5/1/24	Thursday 5/2/24	Friday 5/3/24
<p>WE VALUE YOUR OPINION!! PLEASE CALL US AT 223-7825 OR 223-7826 WITH YOUR FEEDBACK.</p> <p>WE WOULD LOVE TO HEAR FROM YOU!</p>	<p>NOTE:</p> <p>MEALS SERVED WITH 2% MILK MENU SUBJECT TO CHANGE WITHOUT NOTICE</p>	<p>CHICKEN A' LA KING RICE* CORN NIBLETS+ BROCCOLI AND CARROTS BREAD CINNAMON APPLES+ HEALTHY HEART SPREAD MILK</p>	<p>BEEF PATTY MELT w/onions & cheese O'BRIEN POTATOES SPINACH* BREAD ORANGE + HEALTHY HEART SPREAD MILK</p>	<p>SWEDISH MEATBALLS EGG NOODLES* SAUTEED GREEN BEANS+ BREAD PINEAPPLE TIDBITS+ HEALTHY HEART SPREAD MILK</p>
Monday 5/6/24	Tuesday 5/7/24	Wednesday 5/8/24	Thursday 5/9/24	Friday 5/10/24
<p>MEAT & CHEESE LASAGNA SAUTEED CARROTS & PEAS* BREAD SLICED PEACHES* HEALTHY HEART SPREAD MILK</p>	<p>MEATLOAF MASHED POTATOES CHOPPED SPINACH* BREAD MANDARIN ORANGES+ HEALTHY HEART SPREAD MILK</p>	<p>SOUTHERN PULLED PORK BBQ BAKED BEANS SAUTEED COLLARD GREENS*+ BREAD SLICED PEACHES* HEALTHY HEART SPREAD MILK</p>	<p>PORK CHOPS W/SPICED APPLES MASHED SWEET POTATOES SAUTEED GREEN BEANS+ BREAD PINEAPPLE TIDBITS* HEALTHY HEART SPREAD MILK</p>	<p>BEEF STROGANOFF BUTTERED NOODLES CALIFORNIA BLEND*+ BREAD FRUIT CUP+ HEALTHY HEART SPREAD MILK</p>
Monday 5/13/24	Tuesday 5/14/24	Wednesday 5/15/24	Thursday 5/16/24	Friday 5/17/24
<p>BBQ CHICKEN THIGHS SWEET POTATO* SAUTEED GREEN BEANS+ BREAD PEARS + HEALTHY HEART SPREAD MILK</p>	<p>BAKED HAM ROAST YAMS* COLLARD GREENS+ BREAD APPLE SAUCE+ HEALTHY HEART SPREAD MILK</p>	<p>CHICKEN CACCIATORE PASTA MIXED VEGETABLES*+ BREAD BANANA+ HEALTHY HEART SPREAD MILK</p>	<p>CHILI MAC CORN NIBLETS+ BRAISED SPINACH * BREAD MANDARIN ORANGES+ HEALTHY HEART SPREAD MILK</p>	<p>CHICKEN PICATTA MASHED POTATOES BROCCOLI AND CARROTS BREAD FRUIT COCKTAIL+ HEALTHY HEART SPREAD MILK</p>
Monday 5/20/24	Tuesday 5/21/24	Wednesday 5/22/24	Thursday 5/23/24	Friday 5/24/24
<p>SWEET AND SOUR CHICKEN RICE ORIENTAL VEGETABLES+ BREAD APPLE SAUCE+ HEALTHY HEART SPREAD MILK</p>	<p>PORK CHILI RICE CORN NIBLETS+ BREAD FRUIT COCKTAIL+ HEALTHY HEART SPREAD MILK</p>	<p>BACON CHEESEBURGER MAC ZUCCHINI BABY GREEN PEAS+ BREAD CINAMMON APPLES+ HEALTHY HEART SPREAD MILK</p>	<p>BEEF BURRITO W/CHILI SAUCE RICE CORN NIBLETS+ PEAS AND CARROTS*+ BREAD CINNAMON APPLES+ HEALTHY HEART SPREAD MILK</p>	<p>MEATBALL MARINARA SPAGHETTI CAULIFLOWER FLORETS + SPRING SQUASH BREAD PEARS+ HEALTHY HEART SPREAD MILK</p>
Monday 5/27/24	Tuesday 5/28/24	Wednesday 5/29/24	Thursday 5/30/24	Friday 5/31/24
<p>CLOSED IN OBSERVANCE</p> <p>OF</p> <p>MEMORIAL DAY</p>	<p>CHICKEN CORDON BLEU RICE* CORN NIBLETS+ PEAS AND CARROTS BREAD PINEAPPLE TIDBITS+ HEALTHY HEART SPREAD MILK</p>	<p>BEEF STEW MASHED POTATOES BABY GREEN PEAS BREAD BANANA+ HEALTHY HEART SPREAD MILK</p>	<p>CHICKEN PARMESAN W/PASTA SUMMER SQUASH MIXED VEGETABLES *+ BREAD FRUIT CUP+ HEALTHY HEART SPREAD MILK</p>	<p>STUFFED PEPPERS W/TOMATO O'BRIEN POTATOES BREAD CINNAMON APPLES+ HEALTHY HEART SPREAD MILK</p>
<p>Meal Pattern Requirement: (Meals provide a minimum of 1/4 RDA).</p>	<p>Meat or alternative = 4oz cooked, edible portion Vegetables and Fruit= 4(1/1) portions</p>	<p>Bread or equivalent = 1 serving Fat = 1 teaspoon</p>	<p>*denotes vitamin A requirement</p>	<p>+denotes vitamin C requirements</p>