



MAY 2024 Congregate Menu

Senior
Nutrition
Program
410-222-0256

Mondays

All meals are served with milk.

WW = Whole Wheat Bread WR = Wheat Roll

WG = Whole Grain WWR = Whole Wheat Roll

FF = Fresh Fruit TF = Tropical Fruit MO = Mandarin Orange

Tuesdays

Wednesdays

Thursdays

Fridays

5/01

Pork Loin w/ Brown Gravy
Spiced Yams
Broccoli
WW Bread
Fresh Fruit

5/02

Ham & Cheese
WW Bread
Green Pea Salad

5/03

Fajita Chicken w/ Enchilada
Sauce and Spanish Rice
Fiesta Vegetable Blend
Flour Tortilla
Fresh Fruit

5/06

Korean BBQ Chicken
Drumsticks
Confetti Rice
Broccoli
Dinner Roll
Fresh Fruit

5/07

Chili Cheese Dog
Tomato Cucumber Salad
Cole Slaw
Fruit

5/08

Baked Chicken with
Romesco Sauce – Nut Free
Bow Tie Pasta
Cauliflower, Green Peas
WG Breadstick
Pears

5/09

Meatloaf w/ Gravy
Whipped Potatoes
Mixed Vegetables
Potato Roll
Fresh Fruit

5/10

Honey Balsamic Beef
Sweet Potatoes
Pacific Veg Blend
Mixed Green Salad
WG Roll and Mixed Fruit
Brownie

5/13

Swedish Meatballs w/
Penne Pasta
Green Peas
Carrots
WW Bread
Tropical Fruit

5/14

Shrimp Creole on Brown Rice
Okra/Corn/Tomatoes
Corn Muffin
Peaches
Dessert

5/15

Cheeseburger on WW Bun
Lettuce/Tomato/Pickle
Steak Fries
Coleslaw
Warm Applesauce

5/16

Honey Ginger Ham
Macaroni Cheese
Broccoli
WW Bread
Fresh Fruit

5/17

10 Grain Pollack
Black-eyed Peas
Okra/Tomatoes/Corn
Macaroni Salad
Fresh Fruit

5/20

Egg Salad
Wheat Bread
Macaroni Salad
Fresh Fruit

5/21

Stuffed Shells w/
Marinara Sauce
Zucchini & Cauliflower
Green Salad
WG Breadstick and Pineapple

5/22

Hawaiian Glazed Chicken
Thigh
Zucchini & Squash
Wild Rice
Hawaiian Roll

5/23

Roast Beef w/ Gravy
Mashed Potatoes
Glazed Carrots
Cucumber Onion Salad
WG Roll and Mixed Fruit

5/24

Pulled BBQ Pork on WG Roll
Baked Beans
Cole Slaw
Apple Cobbler
Juice

5/27

**Memorial Day
Offices Closed**

5/28

Apple Cranberry Turkey
Macaroni & Cheese
Green Peas
Mixed Green Salad
Beet Salad
Dinner Roll and Fruit

5/29

Lemon Caper Tilapia
Lima Beans
Carrots
Tomato Cucumber Salad
WG Roll
Mandarin Oranges

5/30

Roast Beef & Cheddar
WW Bread
Potato Salad
Fresh Fruit

5/31

Asian Chicken Salad
Mediterranean Lentil Salad
WG Roll
Fresh Fruit