

# MAY MENU

| MONDAY                                                                                                                                                               | TUESDAY                                                                                                                                                         | WEDNESDAY                                                                                                                                                                                                       | THURSDAY                                                                                                                                                                                                                           | FRIDAY                                                                                                                                                                                     |
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| ElderHouse serves:<br>Coffee at 8:30am<br>Lunch at 12:00noon<br>Snack at 2:00pm<br>Hydration is offered<br>throughout the day.                                       |                                                                                                                                                                 |                                                                                                                                                                                                                 | 1                                                                                                                                                                                                                                  | 2                                                                                                                                                                                          |
|                                                                                                                                                                      |                                                                                                                                                                 |                                                                                                                                                                                                                 | Cheese Ravioli w/<br>Pesto Cream Sauce 12 ea<br>Green Peas 1/2 c<br>Capri Vegetables 1/2 c<br>WG Dinner Roll 1 ea<br>Pineapple Tidbits 1/2 c<br>Milk 8 oz<br>Margarine 1 tsp                                                       | Citrus Mojo 3 oz<br>Chicken Breast 1/2 c<br>Coconut Brown Rice 6 oz<br>Corn Chowder 1 ea<br>WG Tortilla 1 ea<br>Fresh Fruit 1 ea<br>Milk 8 oz<br>Margarine 1 tsp<br>Saltine Crackers 1 pkt |
| 5                                                                                                                                                                    | 6                                                                                                                                                               | 7                                                                                                                                                                                                               | 8                                                                                                                                                                                                                                  | 9                                                                                                                                                                                          |
| Cheese Baked Ziti 1 c<br>Green Peas 1/2 c<br>Italian Vegetables 1/2 c<br>Wheat Bread 1 slc<br>Pineapple 1/2 c<br>Milk 8 oz<br>Margarine 1 tsp                        | Beef Burgundy 3/4 c<br>Whipped Potatoes 1/2 c<br>Cabbage 1/2 c<br>Dinner Roll 2 ea<br>Applesauce 1/2 c<br>Milk 8 oz<br>Margarine 1 tsp                          | BBQ Shredded Pork 3 oz<br>Baked Pinto Beans 1/2 c<br>Sauteed Mixed Greens 1/2 c<br>WG Hamburger Bun 1 ea<br>Chocolate Chip Cookie 1 ea<br>Assorted Juice 4 oz<br>Milk 8 oz                                      | Marsala Chicken Thigh 3 oz<br>Penne Pasta 1/2 c<br>Vegetable Soup 6 oz<br>Wheat Bread 1 slc<br>Mandarin Oranges 1/2 c<br>Milk 8 oz<br>Margarine 1 tsp<br>Saltine Crackers 1 pkt                                                    | Turkey w/Gravy 3 oz<br>Whipped Yams 1/2 c<br>Corn 1/2 c<br>Dinner Roll 2 ea<br>Fresh Fruit 1 ea<br>Milk 8 oz<br>Margarine 1 tsp                                                            |
| 12                                                                                                                                                                   | 13                                                                                                                                                              | 14                                                                                                                                                                                                              | 15                                                                                                                                                                                                                                 | 16                                                                                                                                                                                         |
| Stuffed Shells w/Tomato 3 ea<br>Basil Sauce 1/2 c<br>Green Peas 1/2 c<br>Tuscany Vegetables 1 slc<br>WG Dinner Roll 1 ea<br>Fresh Fruit Milk 8 oz<br>Margarine 1 tsp | Roasted Qtr Chicken Leg 1 ea<br>Scalloped Potatoes 1/2 c<br>Sauteed Mixed Greens 1/2 c<br>Wheat Bread 1 slc<br>Applesauce 1/2 c<br>Milk 8 oz<br>Margarine 1 tsp | Korean BBQ Pork 3 oz<br>Brown Rice Pilaf 1/2 c<br>Cream of Broccoli Soup 6 oz<br>Dinner Roll 1 ea<br>Oatmeal Cookie 1 ea<br>Assorted Fruit Juice 4 oz<br>Milk 8 oz<br>Margarine 1 tsp<br>Saltine Crackers 1 pkt | Beef/Chicken Meatballs 7 ea<br>w/Steakhouse Sauce<br>Bow Tie Pasta Cabbage 1/2 c<br>Wheat Bread 1 slc<br>Pineapple Tidbits 1/2 c<br>Milk 8 oz<br>Margarine 1 tsp                                                                   | Potato Crusted Pollock 1 ea<br>Crinkle Cut Fries 1/2 c<br>Green Beans 1/2 c<br>WG Hamburger Bun 1 ea<br>Mandarin oranges 1/2 c<br>Milk 8 oz<br>Margarine 1 tsp<br>Tartar Sauce 1 ea        |
| 19                                                                                                                                                                   | 20                                                                                                                                                              | 21                                                                                                                                                                                                              | 22                                                                                                                                                                                                                                 | 23                                                                                                                                                                                         |
| Swiss Steak w/Gravy 3 oz<br>Confetti Brown Rice 1/2 c<br>Mixed Vegetables 1/2 c<br>WG Dinner Roll 1 ea<br>Diced Peaches 1/2 c<br>Milk 8 oz<br>Margarine 1 tsp        | Maple Mustard Pork 3 oz<br>Baked Sweet Potato 1/2 c<br>Zucchini 1/2 c<br>Wheat Bread 2 slc<br>Applesauce 1/2 c<br>Milk 8 oz<br>Margarine 1 tsp                  | Lemon Chicken Thigh 3 oz<br>Scarpariello 1/2 c<br>Garlic Parmesan Orzo 1/2 c<br>Spring Vegetables 1 slc<br>Wheat Bread 1 ea<br>Fresh Fruit Milk 8 oz<br>Margarine 1 tsp                                         | Hamburger Patty 1 ea<br>Swiss Cheese 1 slc<br>Vegetable Orzo Soup 6 oz<br>Carrots 1/2 c<br>WG Hamburger Bun 1 ea<br>Fudge Crème Cookie 1 ea<br>Assorted Fruit Juice 4 oz<br>Milk 8 oz<br>Ketchup 1 pkt<br>Saltine Crackers 1 pkt   | Macaroni & Cheese 1 c<br>Ranch Beans 1/2 c<br>Sauteed Mixed Greens 1/2 c<br>Cornbread Muffin 1 ea<br>Diced Peaches 1/2 c<br>Milk 8 oz<br>Margarine 1 tsp                                   |
| 26                                                                                                                                                                   | 27                                                                                                                                                              | 28                                                                                                                                                                                                              | 29                                                                                                                                                                                                                                 | 30                                                                                                                                                                                         |
| <b>ELDERHOUSE IS CLOSED</b><br><b>ENJOY MEMORIAL DAY</b>                                                                                                             | Beef Stir-Fry 3/4 c<br>Brown Rice 1/2 c<br>Broccoli 1/2 c<br>Wheat Bread 1 slc<br>Mandarin Oranges 1/2 c<br>Milk 8 oz<br>Margarine 1 tsp                        | Chicken Thigh Cordon Bleu 3 oz<br>Garlic Whipped Potatoes 1/2 c<br>Mixed Vegetables 1/2 c<br>WG Dinner Roll 2 ea<br>Mixed Fruit 1/2 c<br>Milk 8 oz<br>Margarine 1 tsp                                           | Turkey Primavera 3/4 c<br>Penne Pasta 1/2 c<br>Cream of Tomato Soup 6 oz<br>Spinach 1/2 c<br>Wheat Bread 1 slc<br>Oatmeal Crème Cookie 1 ea<br>Assorted Fruit Juice 4 oz<br>Milk 8 oz<br>Margarine 1 tsp<br>Saltine Crackers 1 pkt | Taco Meat 3 oz<br>Spanish Rice 1/2 c<br>Fiesta Vegetables 1/2 c<br>WG Tortilla 1 ea<br>Diced Peaches 1/2 c<br>Milk 8 oz<br>Sour Cream 1 ea                                                 |