

MAY MENU – 2026

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
				1
ElderHouse serves: Coffee at 8:30am Lunch at 12:00noon Snack at 2:00pm Hydration is offered throughout the day.				Vegetarian White Bean Chili 1 ½ c Corn 1/2 c Mixed Greens 1/2 c WG Corn Bread Muffin 2 ea Fresh Seasonal Fruit 1 ea Milk 8 oz Margarine 1 tsp
4	5	6	7	8
Glazed Ham 3 oz Mashed Yams 1/2 c Green Peas 1/2 c WG Wheat Bread 2 slc Mixed Fruit 1/2 c Milk 8 oz Margarine 1 tsp	Beef Burgundy 3/4 c Bow Tie Pasta 1/2 c Cabbage w/Carrots 1/2 c WG Dinner Roll 1 ea Tropical Fruit 1/2 c Milk 8 oz Margarine 1 tsp	General Tso's Chicken 12 ea WG Brown Confetti Rice 1/2 c Japanese Vegetables 1/2 c WG Wheat Bread 1 slc Fresh Seasonal Fruit 1 ea Milk 8 oz Margarine 1 tsp	BBQ Shredded Pork 3 oz Ranch Beans 1/2 c Sautéed Mixed Greens 1/2 c WG Hamburger Bun 1 ea Chocolate Chip Cookie 1 ea Assorted Fruit Juice 4 oz Milk 8 oz	Stuffed Shells w/ Tomato Basil Sauce 3 ea Lima Beans 1/2 c Carrots 1/2 c WG Dinner Roll 1 ea Fresh Seasonal Fruit 1 ea Milk 8 oz Margarine 1 tsp
11	12	13	14	15
Cheese Ravioli w/ Creamy Garlic Mushroom Sauce 13 ea Green Peas 1/2 c Tuscany Vegetables 1/2 c WG Wheat Bread 1 slc Fresh Seasonal Fruit 1 ea Milk 8 oz Margarine 1 tsp	Beef/Chicken Chili Garlic Meatballs (0.5 oz) 7 ea WG Brown Rice 1/2 c Green Beans 1/2 c WG Wheat Bread 1 slc Mixed Fruit 1/2 c Milk 8 oz Margarine 1 tsp	Roasted Chicken Leg Qtr. 1 ea Scalloped Potatoes 1/2 c Sautéed Mixed Greens 1/2 c WG Dinner Roll 2 ea Applesauce 1/2 c Milk 8 oz Margarine 1 tsp	Teriyaki Pork Loin 3 oz WG Confetti Brown Rice 1/2 c Broccoli 1/2 c Split Pea Soup 6 oz WG Wheat Bread 1 slc Assorted Fruit Juice 4 oz Milk 8 oz Margarine 1 tsp	Potato Crusted Pollock 1 ea Crinkle Cut Fries 1/2 c Carrots 1/2 c WG Hamburger Bun 1 ea Fresh Seasonal Fruit 1ea Margarine 1 tsp Tartar Sauce 1 tsp
18	19	20	21	22
Salisbury Steak w/ Vegetable Gravy 3 oz WG Brown Rice Pilaf 1/2 c Brussels Sprouts 1/2 c WG Wheat Bread 1 slc Diced Pears 1/2 c Milk 8oz Margarine 1 tsp	Lemon Scarpariello Chicken Thigh 1 ea Garlic Red Pepper WG Penne 1/2 c Zucchini 1/2 c WG Dinner Roll 1 ea Vanilla Pudding 1/2 c Assorted Fruit Juice 4 oz Milk 8 oz Margarine 1 tsp	Macaroni & Cheese 1 c Baked Beans 1/2 c Collard Greens 1/2 c WG Cornbread Muffin 1 ea Applesauce 1/2 c Milk 8 oz Margarine 1 tsp	Hamburger Patty 1 ea Swiss Cheese 1 slc Oven Roasted Potatoes 1/2 c Corn Chowder 6 oz WG Hamburger Bun 1 ea Fresh Seasonal Fruit 1 ea Milk 8 oz Ketchup/Mustard 1 pkt	Citrus Mojo Pork Loin 3 oz WG Brown Rice 1/2 c Fiesta Vegetables 1/2 c WG Dinner Roll 1 ea Tropical Fruit 1/2 c Milk 8 oz Margarine 1 tsp
25	26	27	28	29
ELDERHOUSE IS CLOSED - MEMORIAL DAY -	Beef Stir-Fry 3/4 c WG Brown Rice 1/2 c Broccoli 1/2 c WG Wheat Bread 1 slc Mixed Fruit 1/2 c Milk 8 oz Margarine 1 tsp	Chicken Thigh w/ Dijonnaise Sauce 1 ea Garlic Whipped Potatoes 1/2 c Mixed Vegetables 1/2 c WG Dinner Roll 2 ea Peaches 1/2 c Milk 8 oz Margarine 1 tsp	Turkey Primavera 3/4 c Penne Pasta 1/2 c Spinach 1/2 c WG Wheat Bread 1 slc Fudge Crème Cookie 1 ea Assorted Fruit Juice 4 oz Milk 8 oz Margarine 1 tsp	Beef Taco Meat 4 oz Black Beans 1/2 c Fajita Vegetables 1/2 c WG Tortilla 2 ea Diced Peaches 1/2 c Milk 8 oz Taco Sauce 1 ea Sour Cream 1 ea