

# MAY 2009

Substitutions may be required  
to ensure a nutritious meal.

**May 4**  
MEATLOAF WITH GRAVY  
Mashed Potatoes  
Parslied Carrots  
Fruit Crisp  
WW Bread  
Milk

**May 5**  
CHICKEN ALFREDO  
Noodles  
Mixed Vegetables  
Tossed Salad  
Bread  
Milk

**May 6**  
PORK CHOP  
WITH MUSHROOM SAUCE  
Whipped Potatoes  
Winter Mixed Vegetables  
Peach Crisp  
WW Bread  
Milk

**May 7**  
ROAST BEEF  
Mashed potatoes & gravy  
Scandinavian Mixed Vegetables  
Roll  
Milk

**May 1**  
**SENIOR NUTRITION  
STAFF MEETING**  
  
**NO CDHD MEAL  
SERVED**

**May 8**  
BAKED HAM  
WITH PINEAPPLE SAUCE  
Sweet Potatoes  
Broccoli  
WW Bread  
Milk

**May 11**  
BBQ BEEF SANDWICH  
Baked Beans  
Mixed Vegetables  
Coleslaw  
Bun  
Milk

**May 12**  
PORK ROAST WITH RICE PILAF  
Mushroom Gravy  
Green Beans  
Citrus Salad  
WW Bread  
Milk

**May 13**  
OVEN FRIED CHICKEN  
Mashed Potatoes  
Italian Mixed Vegetables  
**Fruit Juice**  
WW Bread  
Milk

**May 14**  
LASAGNA  
Peas  
Carrots  
Tossed Salad  
Texas Toast  
Milk

**May 15**  
HOT TURKEY SANDWICH  
Spinach  
Mashed Potatoes  
Cranberry Sauce  
WW Bread  
Milk

**May 18**  
CHICKEN STRIPS  
Cooked Cabbage  
Potatoes With Gravy  
Apricots  
Biscuit  
Milk

**May 19**  
MACARONI & CHEESE WITH HAM  
Peas  
Carrots  
Tossed Salad  
**Fruit Juice**  
WW Bread  
Milk

**May 20**  
LIVER & ONIONS  
Mashed Potatoes  
Mixed Vegetables  
Cookie  
WW Bread  
Milk

**May 21**  
CHICKEN BREAST PATTY  
Whipped Potatoes With Gravy  
Winter Mixed Vegetables  
Fruit  
WW Bread  
Milk

**May 22**  
POLISH SAUSAGE  
w/Sauerkraut  
Sliced Carrots  
Green Beans  
**Fruit Juice**  
Hot Dog Bun  
Milk

**May 25**

**May 26**  
BAKED POTATO  
Chili Con Carne  
Cheese  
Broccoli  
Fruit Crisp  
WW Bread  
Milk

**Memorial  
Day  
Holiday**

**May 27**  
HOT ROAST BEEF SANDWICH  
Potatoes With Gravy  
Italian Blend Vegetables  
WW Bread  
Milk

**May 28**  
OVEN FRIED CHICKEN  
Cheese Potatoes  
Beets  
Carrot/Raisin & Pineapple Salad  
WW Bread  
Milk

**May 29**  
PORK ROAST  
Mashed Potatoes With Gravy  
Carrots  
**Fruit Juice**  
WW Bread  
Milk