

Monday	Tuesday	Wednesday	Thursday	Friday
<p>♥Indicates Heart Healthy Item Bold underlined items meet the 2020 nutrition guidelines for senior nutrition</p>	<p>Skim Milk, Unsweetened Fruit, Chef Salad, Baked Chicken Breast, or Baked Fish available daily as heart healthy alternatives by request.</p>	<p>May 1 <u>Pot Roast</u> ♥<u>Baked Potatoes</u> ♥<u>Baby Carrots</u> Wheat Roll Blushed Pears OR Mini Cheesecake</p>	<p>May 2 <u>BBQ Chicken Flatbread</u> ♥<u>Normandy Vegetables</u> ♥<u>Roasted Red Potatoes</u> Flatbread Cinnamon Apples OR Cinnamon Roll</p>	<p>May 3 <u>Shrimp Alfredo</u> ♥<u>Spinach</u> ♥<u>Corn</u> Wheat Roll Mandarin Oranges OR Cook's Feature</p>
<p>May 6 <u>Chicken Salad Sandwich</u> ♥<u>Pea Salad</u> ♥<u>Chilled Tomato Salad</u> Wheat Bread SF Gelatin with Pears OR Chocolate Chip Cookie</p>	<p>May 7 <u>Goulash</u> ♥<u>Carrots</u> ♥<u>Corn</u> Wheat Roll Sliced Peaches OR Tres Leches Cake</p>	<p>May 8 <u>Salisbury Steak</u> Liver and Onions ♥<u>Mashed Potatoes/Gravy</u> ♥<u>California Vegetables</u> Wheat Roll Mixed Fruit OR Poppyseed Cake</p>	<p>May 9 <u>Ham and Beans</u> ♥<u>Spinach</u> ♥<u>Harvard Beets</u> Wheat Roll Pineapple Tidbit OR Red Velvet Cake</p>	<p>May 10 <u>Lasagna</u> ♥<u>Broccoli</u> ♥<u>Lima Beans</u> Wheat Roll Blushed Pears OR Cook's Feature</p>
<p>May 13 <u>Turkey Melt</u> ♥<u>Sweet Potato Fries</u> ♥<u>Broccoli</u> Wheat Bread Sliced Pears OR Lemon Bar</p>	<p>May 14 <u>Meatloaf</u> ♥<u>Mashed Potatoes/Gravy</u> ♥<u>Carrots</u> Wheat Roll Pineapple Tidbits OR Carrott Cake Care Connection Desserts through the Decades 1970's</p>	<p>May 15 <u>BBQ Pork</u> ♥<u>Baked Beans</u> ♥<u>California Vegetables</u> Wheat Bun Mandarin Oranges OR Cherry Crisp</p>	<p>May 16 <u>Spaghetti and Meat Sauce</u> ♥<u>Italian Vegetables</u> ♥<u>Peas</u> Wheat Roll Applesauce OR Crispy Rice Treat</p>	<p>May 17 <u>Lemon Pepper Fish</u> ♥<u>Spinach</u> ♥<u>Roasted Red Potatoes</u> Hushpuppies Sliced Peaches OR Cook's Feature</p>
<p>May 20 <u>Glazed Ham</u> ♥<u>Au Gratin Potatoes</u> ♥<u>Normandy Vegetables</u> Wheat Roll Pineapple Tidbit OR Brownie</p>	<p>May 21 <u>Fish Sandwich</u> ♥<u>Black Eyed Peas</u> ♥<u>Sweet Potato Fries</u> Wheat Bun SF Gelatin w/Pineapple OR Strawberry Cake</p>	<p>May 22 <u>Ham Reuben</u> ♥<u>Roasted Red Potatoes</u> ♥<u>California Vegetables</u> Rye Bread Sliced Pears OR Lemonade Cake</p>	<p>May 23 <u>Mushroom Swiss Burger</u> ♥<u>Carrots</u> ♥<u>Corn</u> Wheat Bun Mixed Fruit OR Peanut Butter Cookies</p>	<p>May 24 <u>Fried Chicken</u> ♥<u>Mashed Potatoes/Gravy</u> ♥<u>Green Beans</u> Wheat Roll Sliced Peaches OR Cook's Feature</p>
<p>Memorial Day May 27 <u>CLOSED FOR MEMORIAL DAY</u></p>	<p>May 28 <u>Tamale Pie</u> ♥<u>Black Beans</u> ♥<u>Stewed Tomatoes</u> Tortillas/Chips Applesauce OR Oatmeal Cookie</p>	<p>May 29 <u>Pot Roast</u> ♥<u>Baked Potatoes</u> ♥<u>Baby Carrots</u> Wheat Roll Blushed Pears OR Mini Cheesecake Senior Health and Fitness Day</p>	<p>May 30 <u>BBQ Chicken Flatbread</u> ♥<u>Normandy Vegetables</u> ♥<u>Roasted Red Potatoes</u> Flatbread Cinnamon Apples OR Cinnamon Roll</p>	<p>May 31 <u>Fried Fish</u> ♥<u>Spinach</u> ♥<u>Corn</u> Hushpuppies Mandarin Oranges OR Cook's Feature</p>

*Menu subject to change according to availability