

Monday	Tuesday	Wednesday	Thursday	Friday
<p>♥Indicates Heart Healthy Item</p> <p><b>Bold underlined items meet the 2020 nutrition guidelines for senior nutrition</b></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</p> <p><u>Goulash</u></p> <p>♥ <u>Carrots</u></p> <p>♥ <u>Green Beans</u></p> <p>Wheat Bread</p> <p>Blushed Pears <u>OR</u></p> <p>Cheesecake</p>	<p>May 2</p> <p><u>BBQ Chicken Flatbread</u></p> <p>♥ <u>Normandy Vegetables</u></p> <p>♥ <u>Roasted Red Potatoes</u></p> <p>Flatbread</p> <p>Cinnamon Apples <u>OR</u></p> <p>Cinnamon Roll</p>	<p>May 3</p> <p><u>Fish Sandwich</u></p> <p>♥ <u>Spinach</u></p> <p>♥ <u>Corn</u></p> <p>Wheat Bun</p> <p>Mandarin Oranges <u>OR</u></p> <p>Cook's Feature</p>
<p>May 6</p>	<p>May 7</p> <p><u>Chicken Salad Sandwich</u></p> <p>♥ <u>Pea Salad</u></p> <p>♥ <u>Chilled Tomato Salad</u></p> <p>Wheat Bread</p> <p>SF Gelatin with Pears</p> <p>Chocolate Chip Cookie</p>	<p>May 8</p> <p><u>Country Fried Steak</u></p> <p>♥ <u>Mashed Potatoes/Gravy</u></p> <p>♥ <u>California Vegetables</u></p> <p>Wheat Bread</p> <p>Mixed Fruit <u>OR</u></p> <p>Poppysed Cake</p>	<p>May 9</p> <p><u>Ham and Beans</u></p> <p>♥ <u>Spinach</u></p> <p>♥ <u>Beets</u></p> <p>Cornbread</p> <p>Pineapple Tidbit <u>OR</u></p> <p>Red Velvet Cake</p>	<p>May 10</p> <p><u>Lasagna</u></p> <p>♥ <u>Peas</u></p> <p>♥ <u>Lima Beans</u></p> <p>Garlic Biscuit</p> <p>Blushed Pears <u>OR</u></p> <p>Cook's Feature</p>
<p>May 13</p>	<p>May 14</p> <p><u>Meatloaf</u></p> <p>♥ <u>Mashed Potatoes/Gravy</u></p> <p>♥ <u>Carrots</u></p> <p>Wheat Bread</p> <p>Pineapple Tidbits <u>OR</u></p> <p>Carrott Cake</p> <p>Care Connection Desserts through the Decades 1970's</p>	<p>May 15</p> <p><u>BBQ Pork</u></p> <p>♥ <u>Baked Beans</u></p> <p>♥ <u>Garden Blend Vegetables</u></p> <p>Wheat Bun</p> <p>Mandarin Oranges <u>OR</u></p> <p>Cherry Crisp</p>	<p>May 16</p> <p><u>Spaghetti and Meat Sauce</u></p> <p>♥ <u>Italian Vegetables</u></p> <p>♥ <u>Peas</u></p> <p>Wheat Bread</p> <p>Applesauce <u>OR</u></p> <p>Crispy Rice Treat</p>	<p>May 17</p> <p>Happy B-Day!!!</p> <p><u>Fried Chicken</u></p> <p>♥ <u>Mashed Potatoes/Gravy</u></p> <p>♥ <u>Green Bean Casserole</u></p> <p>Wheat Bread</p> <p>Sliced Peaches <u>OR</u></p> <p>Cook's Feature</p>
<p>May 20</p>	<p>May 21</p> <p><u>Mushroom Swiss Burger</u></p> <p>♥ <u>Carrots</u></p> <p>♥ <u>Corn</u></p> <p>Wheat Bun</p> <p>Mixed Fruit <u>OR</u></p> <p>Peanut Butter Cookies</p>	<p>May 22</p> <p><u>Ham Reuben</u></p> <p>♥ <u>Roasted Red Potatoes</u></p> <p>♥ <u>California Vegetables</u></p> <p>Wheat Bread</p> <p>Sliced Pears <u>OR</u></p> <p>Lemonade Cake</p>	<p>May 23</p> <p><u>Glazed Ham</u></p> <p>♥ <u>Hash Brown Casserole</u></p> <p>♥ <u>Normandy Vegetables</u></p> <p>Wheat Bread</p> <p>Pineapple Tidbit <u>OR</u></p> <p>Brownie</p>	<p>May 24</p> <p><u>Fish Sandwich</u></p> <p>♥ <u>Black Eyed Peas</u></p> <p>♥ <u>Sweet Potato Fries</u></p> <p>Wheat Bun</p> <p>SF Gelatin with Pineapple <u>OR</u></p> <p>Cook's Feature</p>
<p><b>Memorial Day</b> May 27</p>	<p>May 28</p> <p><u>Tamale Pie</u></p> <p>♥ <u>Refried Beans</u></p> <p>♥ <u>Stewed Tomatoes</u></p> <p>Tortillas</p> <p>Applesauce <u>OR</u></p> <p>Oatmeal Cookie</p>	<p>May 29</p> <p><u>Chicken Parmesan Sandwich</u></p> <p>♥ <u>Garden Blend Vegetables</u></p> <p>♥ <u>Roasted Red Potatoes</u></p> <p>Wheat Roll</p> <p>Mixed Fruit <u>OR</u></p> <p>Starburst Cake</p> <p>Senior Health and Fitness Day</p>	<p>May 30</p> <p><u>BBQ Chicken Flatbread</u></p> <p>♥ <u>Normandy Vegetables</u></p> <p>♥ <u>Roasted Red Potatoes</u></p> <p>Flatbread</p> <p>Cinnamon Apples <u>OR</u></p> <p>Cinnamon Roll</p>	<p>May 31</p> <p><u>Sausage Gravy</u></p> <p>♥ <u>Hashbrowns</u></p> <p>♥ <u>Corn</u></p> <p>Biscuit</p> <p>Mandarin Oranges <u>OR</u></p> <p>Cook's Feature</p>

\*Menu subject to change according to availability