

Monday	Tuesday	Wednesday	Thursday	Friday
	<p>♥Indicates Heart Healthy Item  <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><b><u>Serving Lunch</u></b>  <b><u>From 11:30-12:30</u></b></p>	<p>May 1  <u>Fried Fish</u>  ♥<u>Sweet Potato Fries</u>  ♥<u>Black Eyed Peas</u>  Hushpuppies  SF Jello with Pineapple <b>OR</b>  Cook's Feature</p>
	<p>May 4  <u>Pineapple Ham</u>  ♥<u>Yams</u>  ♥<u>Green Beans</u>  Wheat Roll  Mixed Fruit <b>OR</b>  Lemon Bar</p>	<p>May 5  <u>Turkey Melt</u>  ♥<u>Broccoli and Cheese Soup</u>  ♥<u>Roasted Red Potatoes</u>  Wheat Bread  Fresh Fruit <b>OR</b>  Chocolate Chip Cookie</p>	<p>May 6  <u>Salisbury Steak</u>  Liver and Onions  ♥<u>Mashed Potatoes/Gravy</u>  ♥<u>Beets</u>  Wheat Roll  Sliced Pears <b>OR</b>  Poppseed Cake</p>	<p>May 7  <u>Chicken Lo Mein</u>  ♥<u>Broccoli</u>  ♥<u>Cauliflower</u>  Wheat Roll  Pineapple Tidbits <b>OR</b>  Carrot Cake</p>
<p>May 11  <u>Chicken Salad Sandwich</u>  ♥<u>Carrot Raisin Salad</u>  ♥<u>Potato Salad</u>  Wheat Bread  Fresh Fruit <b>OR</b>  Brownie</p>	<p>May 12  <u>Taco Salad</u>  ♥<u>Black Beans</u>  ♥<u>Stewed Tomatoes</u>  Tortillas/Chips  SF Jello with Pears <b>OR</b>  Tres Leches Cake</p>	<p>May 13  <u>Lasagna</u>  ♥<u>Carrots</u>  ♥<u>Peas</u>  Garlic Breadstick  Applesauce <b>OR</b>  Rocky Road Dessert</p>	<p>May 14  <u>Fried Fish</u>  ♥<u>Sweet Potato Fries</u>  ♥<u>Black Eyed Peas</u>  Hushpuppies  Sliced Peaches <b>OR</b>  Strawberry Cake</p>	<p>May 15  <u>BBQ Pork</u>  ♥<u>Broccoli</u>  ♥<u>Corn</u>  Wheat Bun  Blushed Pears <b>OR</b>  Cook's Feature  Culturally Appropriate Meal</p>
<p>May 18  <u>Chicken Parmesan and Pasta</u>  ♥<u>Italian Vegetables</u>  ♥<u>Peas</u>  Garlic Breadstick  Mixed Fruit <b>OR</b>  Crispy Rice Treat</p>	<p>May 19  <u>Meatball Sub</u>  ♥<u>Sweet Potato Fries</u>  ♥<u>Green Beans</u>  Hoagie Roll  Sliced Pears <b>OR</b>  Snickerdoodle</p>	<p>May 20  <u>Sweet and Sour Chicken with Rice</u>  ♥<u>Carrots</u>  ♥<u>Lima Beans</u>  Wheat Roll  Fresh Fruit <b>OR</b>  Fortune Cookie</p>	<p>May 21  <u>Meatloaf</u>  ♥<u>Mashed Potatoes/Gravy</u>  ♥<u>Beets</u>  Wheat Roll  Cinnamon Apples <b>OR</b>  Chocolate Cake</p>	<p>May 22  <u>Ham and Beans</u>  ♥<u>Spinach</u>  ♥<u>Stewed Tomatoes</u>  Cornbread  Pineapple Tidbits <b>OR</b>  Cook's Feature</p>
<p>May 25  <u>Sloppy Joes</u>  ♥<u>Roasted Red Potatoes</u>  ♥<u>Beets</u>  Wheat Bun  Fresh Banana <b>OR</b>  Blondie  <b>Memorial Day</b></p>	<p>May 26  <u>BBQ Chicken</u>  ♥<u>Creamed Peas/New Potatoes</u>  ♥<u>California Vegetables</u>  Wheat Roll  Blushed Pears <b>OR</b>  Peanut Butter Cookie</p>	<p>May 27  <u>Manicotti with Meatsauce</u>  ♥<u>Spinach</u>  ♥<u>Carrots</u>  Wheat Roll  Sliced Peaches <b>OR</b>  Cheesecake</p>	<p>May 28  <u>Turkey and Stuffing</u>  ♥<u>Yams</u>  ♥<u>Broccoli</u>  Wheat Roll  Sliced Pears <b>OR</b>  Banana Cake</p>	<p>May 29  <u>Fried Chicken</u>  ♥<u>Mashed Potatoes/Gravy</u>  ♥<u>Green Beans</u>  Wheat Roll  SF Jello with Pineapple <b>OR</b>  Cook's Feature</p>

\*Menu subject to change according to availability