

Neal Center

(417-667-5847)

May 2026 Menu

| Monday | Tuesday | Wednesday | Thursday | Friday |
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|  | <p>♥Indicates Heart Healthy Item <u>Bold underlined items meet the 2020 nutrition guidelines for senior nutrition</u></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>Fried Fish</u> ♥<u>Sweet Potato Fries</u> ♥<u>Black Eyed Peas</u> Hushpuppies Pineapple <u>OR</u> Cook's Feature</p> |
| | <p>May 4 <u>Ham and Beans</u> ♥<u>Spinach</u> ♥<u>Stewed Tomatoes</u> Cornbread Mixed Fruit <u>OR</u> Lemon Cake</p> | <p>May 5 <u>Lasagna</u> ♥<u>Peas</u> ♥<u>Italian Vegetables</u> Garlic Bread Fresh Fruit <u>OR</u> Chocolate Chip Cookie</p> | <p>May 6 <u>Salisbury Steak</u> ♥<u>Mashed Potatoes/Gravy</u> ♥<u>Beets</u> Wheat Roll Sliced Pears <u>OR</u> Poppysseed Cake</p> | <p>May 7 <u>Biscuit/Sausage Gravy</u> ♥<u>Hashbrowns</u> ♥<u>Spiced Peaches</u> Biscuit Sliced Peaches <u>OR</u> Cinnamon Roll</p> |
| <p>May 11 <u>Chicken Salad Sandwich</u> ♥<u>Carrot Raisin Salad</u> ♥<u>Pea Salad</u> Wheat Bread Fresh Fruit <u>OR</u> Brownie</p> | <p>May 12 <u>Taco Salad</u> ♥<u>Black Beans</u> ♥<u>Stewed Tomatoes</u> Tortillas/Chips Pears <u>OR</u> Cheesecake</p> | <p>May 13 <u>BBQ Pork</u> ♥<u>Broccoli</u> ♥<u>Baked Beans</u> Wheat Bread Applesauce <u>OR</u> Strawberry Cake</p> | <p>May 14 <u>Cheeseburger</u> ♥<u>Sweet Potato Fries</u> ♥<u>California Vegetables</u> Wheat Bun Sliced Peaches <u>OR</u> Rocky Road Dessert</p> | <p>May 15 <u>Pineapple Ham</u> ♥<u>Yams</u> ♥<u>Green Beans</u> Wheat Bread Pears <u>OR</u> Cook's Feature Culturally Appropriate Meal</p> |
| <p>May 18 <u>Chicken Fajitas with Peppers and Onions</u> ♥<u>Black Beans and Corn</u> ♥<u>Stewed Tomatoes</u> Tortilla Mixed Fruit <u>OR</u> Cherry Cake</p> | <p>May 19 <u>Meatball Sub</u> ♥<u>Sweet Potato Fries</u> ♥<u>Green Beans</u> Hoagie Roll Sliced Pears <u>OR</u> Snickerdoodle</p> | <p>May 20 <u>Sweet and Sour Chicken with Rice</u> ♥<u>Carrots</u> ♥<u>Lima Beans</u> Wheat Roll Fresh Fruit <u>OR</u> Fortune Cookie</p> | <p>May 21 <u>Meatloaf</u> ♥<u>Mashed Potatoes/Gravy</u> ♥<u>Beets</u> Wheat Roll Cinnamon Apples <u>OR</u> Chocolate Cake</p> | <p>May 22 <u>Sloppy Joes</u> ♥<u>Savory Potato Wedges</u> ♥<u>Broccoli</u> Wheat Bread Pineapple Tidbits <u>OR</u> Cook's Feature</p> |
| <p>May 25 <u>CLOSED</u> Memorial Day</p> | <p>May 26 <u>BBQ Chicken</u> ♥<u>Creamed Peas/New Potatoes</u> ♥<u>California Vegetables</u> Wheat Roll Blushed Pears <u>OR</u> Peanut Butter Cookie</p> | <p>May 27 <u>Manicotti with Meatsauce</u> ♥<u>Spinach</u> ♥<u>Carrots</u> Wheat Roll Sliced Peaches <u>OR</u> Banana Cake</p> | <p>May 28 <u>Turkey</u> ♥<u>Mashed Potatoes/Gravy</u> ♥<u>Green Beans</u> Wheat Roll Sliced Pears <u>OR</u> Cheesecake</p> | <p>May 29 <u>Lemon Pepper Fish</u> ♥<u>Sweet Potato Fries</u> ♥<u>Black Eyed Peas</u> Hushpuppies Pineapple <u>OR</u> Cook's Feature</p> |

*Menu subject to change according to availability