


Sedalia

May 2026 Menu

Monday	Tuesday	Wednesday	Thursday	Friday
	♥Indicates Heart Healthy Item Bold underlined items meet the 2020 nutrition guidelines for senior nutrition	Skim Milk, Unsweetened Fruit, Chef Salad, Baked Chicken Breast, or Baked Fish available daily as heart healthy alternatives by request.		May 1 <u>Fish Sandwich</u> ♥Sweet Potato Fries ♥Black Eyed Peas Wheat Bun SF Jello with Pineapple OR Cook's Feature
	May 4 <u>Pineapple Ham</u> ♥Yams ♥Green Beans Wheat Roll Mixed Fruit OR Lemon Bar	May 5 <u>Salisbury Steak</u> Liver and Onions ♥Mashed Potatoes/Gravy ♥Beets Wheat Roll Sliced Pears OR Poppyseed Cake	May 6 <u>Hot Ham and Cheese</u> ♥Broccoli and Cheese <u>Soup</u> ♥Roasted Red Potatoes Wheat Bun Fresh Fruit OR Chocolate Chip Cookie	May 7 <u>Chicken Lo Mein</u> ♥Broccoli ♥Cauliflower Wheat Roll Pineapple Tidbits OR Carrot Cake
May 11 <u>Chicken Salad Sandwich</u> ♥Carrot Raisin Salad ♥Potato Salad Wheat Bread Fresh Fruit OR Brownie	May 12 <u>Taco Salad</u> ♥Black Beans ♥Stewed Tomatoes Tortillas/Chips SF Jello with Pears OR Tres Leches Cake	May 13 <u>Lasagna</u> ♥Carrots ♥Peas Garlic Breadstick Applesauce OR Rocky Road Dessert	May 14 <u>Swiss Steak</u> ♥Baked Potato ♥Beets Wheat Roll Cinnamon Apples OR Chocolate Cake	May 15 <u>BBQ Pork</u> ♥Broccoli ♥Baked Beans Wheat Bun Blushed Pears OR Cook's Feature Culturally Appropriate Meal
May 18 <u>Chicken Parmesan and Pasta</u> ♥Italian Vegetables ♥Peas Garlic Breadstick Mixed Fruit OR Crispy Rice Treat	May 19 <u>Meatball Sub</u> ♥Sweet Potato Fries ♥Broccoli Hoagie Roll Sliced Pears OR Snickerdoodle	May 20 <u>Sweet and Sour Chicken</u> <u>with Rice</u> ♥Carrots ♥Lima Beans Wheat Roll Fresh Fruit OR Fortune Cookie	May 21 <u>Fried Chicken</u> ♥Mashed Potatoes/Gravy ♥Green Beans Wheat Roll Sliced Peaches OR Strawberry Cake	May 22 <u>Ham and Beans</u> ♥Spinach ♥Stewed Tomatoes Cornbread Pineapple Tidbits OR Cook's Feature
May 25 Memorial Day Center Closed	May 26 <u>BBQ Chicken</u> ♥Creamed Peas/New Potatoes ♥California Vegetables Wheat Roll Blushed Pears OR Applesauce Cookie	May 27 <u>Manicotti with Meatsauce</u> ♥Spinach ♥Carrots Wheat Roll Sliced Peaches OR Cheesecake	May 28 <u>Stuffed Chicken</u> ♥Mashed Potatoes/Gravy ♥Green Beans Wheat Roll Sliced Pears OR Banana Cake	May 29 <u>Sloppy Joes</u> ♥Roasted Red Potatoes ♥Beets Wheat Bun Mixed Fruit OR Cook's Feature

*Menu subject to change according to availability