

Monday	Tuesday	Wednesday	Thursday	Friday	
	<p>♥Indicates Heart Healthy Item</p> <p>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</p> <p><u>Fried Fish</u></p> <p>♥<u>Sweet Potato Fries</u></p> <p>♥<u>Black Eyed Peas</u></p> <p>Hushpuppies</p> <p>SF Jello with Pineapple</p> <p>OR</p> <p>Cook's Feature</p>	
	<p>May 4</p> <p><u>Chicken Salad Sandwich</u></p> <p>♥<u>Carrot Raisin Salad</u></p> <p>♥<u>Potato Salad</u></p> <p>Wheat Bread</p> <p>Fresh Fruit OR</p> <p>Brownie</p>	<p>May 5</p> <p><u>Taco Salad</u></p> <p>♥<u>Black Beans</u></p> <p>♥<u>Stewed Tomatoes</u></p> <p>Tortillas/Chips</p> <p>Pineapple Tidbits OR</p> <p>Carrot Cake</p>	<p>May 6</p> <p><u>Lasagna</u></p> <p>♥<u>Italian Vegetables</u></p> <p>♥<u>Peas</u></p> <p>Garlic Breadstick</p> <p>Applesauce OR</p> <p>Rocky Road Dessert</p>	<p>May 7</p> <p><u>Pineapple Ham</u></p> <p>♥<u>Yams</u></p> <p>♥<u>Green Beans</u></p> <p>Wheat Roll</p> <p>Mixed Fruit OR</p> <p>Lemon Bar</p>	<p>May 8</p> <p><u>Meatloaf</u></p> <p>♥<u>Creamed Peas/New Potatoes</u></p> <p>♥<u>Carrots</u></p> <p>Wheat Roll</p> <p>Applesauce OR</p> <p>Cook's Feature</p>
	<p>May 11</p> <p><u>Chicken Parmesan and Pasta</u></p> <p>♥<u>Italian Vegetables</u></p> <p>♥<u>Peas</u></p> <p>Garlic Breadstick</p> <p>SF Jello with Pears OR</p> <p>Tres Leches Cake</p>	<p>May 12</p> <p><u>Turkey Melt</u></p> <p>♥<u>Broccoli and Cheese Soup</u></p> <p>♥<u>Roasted Red Potatoes</u></p> <p>Wheat Bread</p> <p>Fresh Fruit OR</p> <p>Chocolate Chip Cookie</p>	<p>May 13</p> <p><u>Ham and Beans</u></p> <p>♥<u>Spinach</u></p> <p>♥<u>Stewed Tomatoes</u></p> <p>Cornbread</p> <p>Pineapple Tidbits OR</p> <p>Cook's Feature</p>	<p>May 14</p> <p><u>Salisbury Steak</u></p> <p>♥<u>Mashed Potatoes/Gravy</u></p> <p>♥<u>Beets</u></p> <p>Wheat Roll</p> <p>Sliced Pears OR</p> <p>Poppysseed Cake</p>	<p>May 15</p> <p><u>BBQ Pork</u></p> <p>♥<u>Broccoli</u></p> <p>♥<u>Corn</u></p> <p>Wheat Bun</p> <p>Blushed Pears OR</p> <p>Cook's Feature</p>
	<p>May 18</p> <p><u>Chicken Lo Mein</u></p> <p>♥<u>Broccoli</u></p> <p>♥<u>Cauliflower</u></p> <p>Wheat Roll</p> <p>Mixed Fruit OR</p> <p>Crispy Rice Treat</p>	<p>May 19</p> <p><u>Meatball Sub</u></p> <p>♥<u>Sweet Potato Fries</u></p> <p>♥<u>Green Beans</u></p> <p>Hoagie Roll</p> <p>Sliced Pears OR</p> <p>Snickerdoodle</p>	<p>May 20</p> <p><u>Sweet and Sour Chicken with Rice</u></p> <p>♥<u>Carrots</u></p> <p>♥<u>Lima Beans</u></p> <p>Wheat Roll</p> <p>Fresh Fruit OR</p> <p>Fortune Cookie</p>	<p>May 21</p> <p>♥<u>Manicotti w/meat sauce</u></p> <p>♥<u>Beets</u></p> <p>♥<u>Peas</u></p> <p>Wheat Roll</p> <p>Cinnamon Apples OR</p> <p>Chocolate Cake</p>	<p>May 22</p> <p><u>Fried Chicken</u></p> <p>♥<u>Mashed Potatoes/Gravy</u></p> <p>♥<u>Green Beans</u></p> <p>Wheat Roll</p> <p>Sliced Peaches OR</p> <p>Strawberry Cake</p>
	<p>May 25</p> <p>Closed</p> <p>Memorial Day</p>	<p>May 26</p> <p><u>BBQ Chicken</u></p> <p>♥<u>Creamed Peas/New Potatoes</u></p> <p>♥<u>California Vegetables</u></p> <p>Wheat Roll</p> <p>Blushed Pears OR</p> <p>Peanut Butter Cookie</p>	<p>May 27</p> <p><u>Sloppy Joes</u></p> <p>♥<u>Roasted Red Potatoes</u></p> <p>♥<u>Beets</u></p> <p>Wheat Bun</p> <p>Sliced Peaches OR</p> <p>Cheesecake</p>	<p>May 28</p> <p><u>Turkey and Stuffing</u></p> <p>♥<u>Mashed Potatoes/Gravy</u></p> <p>♥<u>Green Beans</u></p> <p>Wheat Roll</p> <p>Sliced Pears OR</p> <p>Banana Cake</p>	<p>May 29</p> <p><u>Fried Fish</u></p> <p>♥<u>Sweet Potato Fries</u></p> <p>♥<u>Black Eyed Peas</u></p> <p>Hushpuppies</p> <p>SF Jello with Pineapple OR</p> <p>Cook's Feature</p>

*Menu subject to change according to availability