






MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY																													
<p>3</p> <p>A: Lemon Pepper Chicken B: Dijon Herb Pork Loin Mashed Sweet Potatoes Cabbage with Carrots Multigrain Bread Fig Bar</p>	<p>4</p> <p>A: Beef Lasagna Bake B: Turkey and Rice Casserole Cauliflower with Red Peppers Green Peas with Onions Breadstick Fresh Fruit</p>	<p>5</p> <p>A: Sesame Chicken B: Sweet and Sour Pork Jasmine Rice Japanese Vegetables Texas Bread Pineapple Tidbits</p>	<p>6</p> <p>A: Roast Beef with Gravy B: Turkey Pot Roast with Gravy Whipped Potatoes Herbed Green Beans Multigrain Bread Oatmeal Raisin Cookie *Diet - Graham Crackers</p>	<p>7</p> <p>A: Chicken Enchilada Bake B: Bean and Cheese Burrito with Sour Cream Sauce Cilantro Lime Corn Fiesta Vegetables Chocolate Pudding *Diet - Chocolate Pudding</p> 																													
<p>10</p> <p>A: Marinara Turkey Meatballs B: Polish Sausage with Sauerkraut Twice Whipped Potatoes Broccoli Hot Dog Bun Fresh Fruit</p> 	<p>11</p> <p>A: Hamburger Patty B: Shredded BBQ Pork Lettuce/Tomato/Onion Baked Beans WG Hamburger Bun Hot Spiced Peaches</p>	<p>12</p> <p>Birthday Day!</p> <p>A: Oven Fried Chicken B: Roast Beef with Gravy Whipped Potatoes with Gravy Green Peas with Onions Wheat Roll Brownie and Sherbet *Diet-Brownie and Sherbet</p> 	<p>13</p> <p>A: Sloppy Joe B: Breaded Chicken Patty Sliced Beets Green Beans WG Hamburger Bun Fresh Fruit</p>	<p>14</p> <p>A: Potato Crusted Fish B: Liver and Onions Macaroni and Cheese Caribbean Vegetables Wheat Bread Lime Gelatin *Diet - Assorted Citrus Gelatin</p>																													
<p>17</p> <p>A: Creole Beef Steak B: Cajun Pork Loin Dirty Rice Sautéed Spinach Multigrain Bread Rice Krispy Treat</p>	<p>18</p> <p>A: Turkey Tetrazzini B: Tuna Noodle Au Gratin Beets Green Beans Almandine Wheat Bread Applesauce</p>	<p>19</p> <p>A: Salisbury Beef with Gravy B: Marsala Turkey Meatballs Twice Whipped Potatoes Peas and Carrots Wheat Bread Fresh Fruit</p>	<p>20</p> <p>A: Chicken Parmesan B: Eggplant Parmesan Rotini Pasta Roasted Brussels Sprouts Breadstick Fruited Orange Gelatin *Diet - Fruited Gelatin</p>	<p>21</p> <p>A: Egg Salad B: Deli Style Salad Broccoli Raisin Salad Tomato Spoon Relish Club Crackers Fudge Cream Cookie</p>																													
<p>24</p> <p>A: Meatloaf with Tomato Gravy B: Lemon Pepper Fish Whipped Potatoes California Vegetables Wheat Bread Oatmeal Cream Cookie</p>	<p>25</p> <p>A: Turkey A La King B: Mushroom Pork Loin Brown Rice Cheesy Brussels Sprouts Texas Bread Fresh Fruit</p>	<p>26</p> <p>A: Balsamic Brown Sugar Beef B: Creamy Garlic Chicken Roasted Sweet Potatoes Green Peas Cornbread Muffin Fruited Lemon Gelatin *Diet - Fruited Gelatin</p>	<p>27</p> <p>A: BBQ Chicken B: BBQ Pork Rib Patty Mashed Red Potatoes Tossed Salad Dinner Roll Hot Spiced Pears</p>	<p>28</p> <p>Memorial Day!</p> <p>A: Hamburger Patty B: BBQ Pulled Pork Lettuce/Tomato/Onion Ranch Beans WG Hamburger Bun Hot Spiced Peaches</p>																													
<p>31</p> <p>CLOSED FOR HOLIDAY</p> 	<p>Menu A - Home-Delivered Meals **Menu B - Senior Centers Only**</p> <p> This meal is high in sodium See back of menu for nutrition information.</p> <p>Suggested meal donation • \$3.00</p>			<table border="1"> <thead> <tr> <th>MAY</th> <th>Calories Weekly Average</th> <th>Carbohydrates Weekly Average</th> <th>Sodium Weekly Average</th> </tr> </thead> <tbody> <tr> <td>Week 1</td> <td>673</td> <td>96.9</td> <td>912</td> </tr> <tr> <td>Week 2</td> <td>723</td> <td>96.5</td> <td>936</td> </tr> <tr> <td>Week 3</td> <td>683</td> <td>83.4</td> <td>938</td> </tr> <tr> <td>Week 4</td> <td>700</td> <td>97.3</td> <td>897</td> </tr> <tr> <td>Daily Standard</td> <td></td> <td>100 grams</td> <td>800-1000 mg</td> </tr> <tr> <td>Targeted Daily</td> <td>650-750</td> <td></td> <td></td> </tr> </tbody> </table>		MAY	Calories Weekly Average	Carbohydrates Weekly Average	Sodium Weekly Average	Week 1	673	96.9	912	Week 2	723	96.5	936	Week 3	683	83.4	938	Week 4	700	97.3	897	Daily Standard		100 grams	800-1000 mg	Targeted Daily	650-750		
MAY	Calories Weekly Average	Carbohydrates Weekly Average	Sodium Weekly Average																														
Week 1	673	96.9	912																														
Week 2	723	96.5	936																														
Week 3	683	83.4	938																														
Week 4	700	97.3	897																														
Daily Standard		100 grams	800-1000 mg																														
Targeted Daily	650-750																																