


May Meals on Wheels Hot Menu

Monday	Tuesday	Wednesday	Thursday	Friday
	1 CHICKEN AND RICE CASSEROLE SAUTEED CARROTS WARM CINNAMON APPLES WHOLE GRAIN ROLL	2 PORK ROAST WITH GRAVY MASHED POTATOES CORN PEAS AND CARROTS RICE PUDDING WHOLE GRAIN ROLL	3 HUNGARIAN GOULASH SWEET AND SOUR CABBAGE WARM CINNAMON APPLES WHOLE GRAIN ROLL	4 LASAGNA WITH ITALIAN SAUSAGE CALIFORNIA VEGETABLES WARM CINNAMON APPLES WHOLE GRAIN ROLL
7 BEEF TIPS AND GRAVY MASHED POTATOES GREEN BEANS AND CARROTS PEACHES AND CREAM BUTTERMILK BISCUIT	8 CHICKEN CACCIATORE SAUTEED SPINACH RICE PUDDING WHOLE GRAIN ROLL	9 SPINACH AND PEPPER QUICHE VEGETARIAN SAUSAGE PATTY CINNAMON APPLES FRUIT MUFFIN	10 HOMEMADE MEATLOAF MASHED POTATOES STEWED TOMATOES CORN PUDDING WHOLE GRAIN ROLL	11 BLACKENED TILAPIA SAUTEED SPINACH RICE PUDDING CORNBREAD MUFFIN
14 HERB ROASTED CHICKEN BRUSSELS SPROUTS CHERRY CRISP BUTTERMILK BISCUIT	15 SLOPPY JOE BAKED BEANS WITH PEPPERS CHOCOLATE ZUCCHINI CAKE WHOLE WHEAT BUN	16 <small>Ramadan begins</small> COUNTRY FRIED CHICKEN MASHED POTATOES SWEET CORN PEACH COBBLER WHOLE GRAIN ROLL	17 SESAME CHICKEN WHITE RICE WAX BEANS AND PEPPERS PINEAPPLE UPSIDE DOWN CAKE CHOWMEIN NOODLES	18 VEGETABLE LASAGNA HARVARD BEETS BLUEBERRY AND CHERRY CRISP WHOLE GRAIN ROLL
21 CORNED BEEF HASH SCRAMBLED EGGS PEACH COBBLER FRUIT MUFFIN	22 PORK ROAST WITH GRAVY MASHED POTATOES CORN PEAS AND CARROTS RICE PUDDING WHOLE GRAIN ROLL	23 SPAGETTI WITH MEAT SAUCE GREEN BEANS AND CARROTS PEACH CRISP WHOLE GRAIN ROLL	24 LASAGNA WITH ITALIAN SAUSAGE CALIFORNIA VEGETABLES CINNAMON APPLES WHOLE GRAIN ROLL	25 MACARONI AND CHEESE SAUTEED SPINACH OATMEAL CAKE BAKE WHOLE GRAIN ROLL
28 <small>Memorial Day</small>	29 VEGETABLE FRITTATA BLUEBERRY OATMEAL PORK SAUSAGE LINK FRUIT MUFFIN	30 BEEF CHILI WAX BEANS AND PEPPERS BANANA BREAD PUDDING CORNBREAD MUFFIN	31 SWEET AND SOUR PORK BROWN RICE SIMMERED GREEN CABBAGE PINEAPPLE UPSIDE DOWN CAKE CHOWMEIN NOODLES	



Each meal meets the new A.A.A. approved nutritional guidelines.
 All meals have between 80-120 grams of carbohydrates. All meals are trans-fat free.

