

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
	1 <b>MAY BREAKFAST!</b> ORANGE JUICE BLUEBERRY MUFFIN CHEESE OMELET SAUSAGE PATTY HOME FRIES TROPICAL FRUIT	2 SPLIT PEA SOUP DYNAMITE OR TUNA SALAD ON A ROLL CHIPS COLESLAW OREO COOKIE	3 BEEF VEGETABLE SOUP BAKED HAM w/ ORANGE GLAZE MASHED SWEET POTATOES CALIFORNIA VEGETABLES CHOCOLATE PUDDING	4 N.E. CLAM CHOWDER BAKED SALMON W/ WHITE WINE SAUCE OR ROAST BEEF SAND. STEAMED RED POTATO CARROTS JELLO
	<b>C:1040</b> <b>S:1639</b>	<b>C:573/585</b> <b>S:1004/75</b>	<b>C:244</b> <b>S:655</b>	<b>C:553/49</b> <b>S:1025/1337</b>
7 TOMATO LENTIL SOUP CHICKEN MARSALA TOMATO BASIL RICE BROCCOLI & CAULIFLOWER LEMON PUDDING	8 MINISTRONE SOUP SPAGHETTI & (3) MEATBALLS ITALIAN VEGETABLES FRESH FRUIT	9 CREAM OF SPINACH SOUP SHEPHERDS PIE OR HAM & CHEESE W/ CHIPS 3 BEAN SALAD VANILLA PUDDING	10 <b>MOTHERS DAY MEAL!</b> CHICKEN NOODLE SOUP DINNER ROLL ROAST PORK PARSLEY POTATO PEAS & ONIONS APPLE PIE W/ TOPPING	11 MANHATTAN CHOWDER CHICKEN CORDON BLEU OR EGG SALAD ROLL HERBED RICE SEASONED SPINACH FRUIT COCKTAIL
<b>C:422</b> <b>S:852</b>	<b>C:574</b> <b>S:737</b>	<b>C:497/568</b> <b>S:570/1535</b>	<b>C:360</b> <b>S:934</b>	<b>C:577/41</b> <b>S:1548/13277</b>
14 TURKEY VEGETABLE SOUP BEEF PATTY W/ ONION GRAVY HERB WHIPPED POTATOES GREEN BEANS COFFEE CAKE	15 CREAMY VEGETABLE SOUP BAKED MEATLOAF OVEN ROAST POTATOES CARROTS RICE PUDDING	16 CABBAGE SOUP SWEET & SOUR CHICKEN OR SALAMI & PROVOLONE SAND. BOILED RICE CHINESE VEGETABLES JELLO W/ FRUIT	17 BEEF BARLEY SOUP LIVER & ONIONS OR CHICKEN PATTY HERB WHIPPED POTATOES MIXED VEGETABLES PEACHES	18 N.E CLAM CHOWDER SEAFOOD OR CHICKEN SALAD ROLL CHIPS LETTUCE & TOMATO FRESH FRUIT
<b>C:537</b> <b>S:1239</b>	<b>C:486</b> <b>S:805</b>	<b>C:623/451</b> <b>S:1218/1510</b>	<b>C:398/480</b> <b>S:677/912</b>	<b>C:563/603</b> <b>S:1796/1266</b>
21 CHICKEN ESCAROLE SOUP STUFFED PEPPER HERB WHIPPED POTATOES CAPRI VEGETABLES TAPIOCA PUDDING	22 CORN CHOWDER DINNER ROLL TOSSED SALAD AMERICAN CHOP SUEY JELLO	23 TOMATO FLORENTINE SOUP BAKED PORK CHOP OR TURKEY & CHEESE SAND. HERBED RICE PILAF VEGETABLE MEDLEY PEARS	24 <b>OLDER AMERICANS MEAL!</b> CREAM OF BROCCOLI SOUP YANKEE POT ROAST BAKED POTATO / SOUR CREAM WHOLE GREEN BEANS CAKE & ICE CREAM	25 MANHATTAN CLAM CHOWDER BBQ RIBS OR TUNA SALAD ROLL PARSLEY POTATO CORN W/ RED PEPPERS GRANOLA BAR
<b>C:423</b> <b>S:1430</b>	<b>C:682</b> <b>S:1410</b>	<b>C:465/414</b> <b>S:543/1407</b>	<b>C:486</b> <b>S:1088</b>	<b>C:461/421</b> <b>S:1283/1297</b>
28 SENIOR SERVICES CLOSED FOR MEMORIAL DAY	29 CHICKEN GUMBO SOUP LO SODIUM HOT DOG BAKED BEANS COLESLAW PINEAPPLE	30 KALE & BEAN SOUP HERB ROAST CHICKEN OR CORNEED BEEF ON RYE BUTTERED NOODLES PEAS LORNA DOONE	31 CHICKEN ESCAROLE SOUP GARLIC BREAD VEAL PARMIGIANA PASTA & SAUCE SEASONED BROCCOLI MARBLE PUDDING	
	<b>C:454</b> <b>S:689</b>	<b>C:578/502</b> <b>S:546/1170</b>	<b>C:536</b> <b>S:1222</b>	

**WELCOME!**

Our suggested donation is \$3.00 per meal.

THE MENU IS SUBJECT TO CHANGE WITHOUT NOTICE

BREAD AND BUTTER INCLUDED WITH MEAL

Calorie and Sodium counts listed for each day's meal do NOT include milk, coffee or tea, bread and butter, and dessert

USDA Daily Dietary Guidelines recommend:

1500 mg Sodium

1600-2000 calories (depending on lifestyle)