



# MAY 2023



| MONDAY 1  | TUESDAY 2  | WEDNESDAY 3  | THURSDAY 4   | FRIDAY 5  |
|---|--|--|--|---|
| Pineapple Glazed Chicken<br>Over Brown Rice<br>Bell Peppers and Onions<br>Brussle Sprouts<br>Sweet Roll W/Margarine<br>Red Grapes   | Hamburger Beef Stew<br>w Mixed Vegetables and Potatoes<br>Tossed Garden Salad w/LF Dressing<br>Green Chili Cheese Cornbread<br>Fresh Apple     | 4 Cheese Baked Penne Pasta<br>w/ Marinara Sauce/Diced Tomatoes<br>California Blend Vegetables<br>White Great Northern Beans<br>Garlic Breadsticks<br>Chilled Fruit Cocktail          | Chicken Stir Fry w/LS Soy Sauce<br>Over Brown Rice<br>Oriental Vegetables<br>Garden Salad w /LF Dressing<br>Whole Wheat Roll w/Margarine<br>Orange | GC Cheeseburger<br>Lettuce, Tomato, Pickle<br>Baked Seasoned Tater Tots<br>Coleslaw<br>Watermelon<br>Sugar Cookie                 |
| MONDAY 8  | TUESDAY 9  | WEDNESDAY 10   | THURSDAY 11  | FRIDAY 12   |
| Country Fried Steak<br>Mashed Potatoes w/Gravy<br>Steamed Green Beans<br>Sliced Wheat Bread<br>Chilled Pineapple Tidbits  | Chicken and Rice Pot Pie<br>w Mixed Vegetables<br>Cabbage,Apple Radish Slaw<br>WW Roll w/Margarine<br>Fresh Cantaloupe                         | Pork Posole<br>Steamed Zucchini & Onions<br>Garden Salad w/LF Dressing<br>Flour Tortilla   | Chef's Salad w/Turkey, Ham,<br>Tomato, Cheese & Egg<br>Croutons<br>6 LS WW Crackers<br>Fruit Salad   | Chicken Salad Sandwich<br>GreenLettuce/ Tomato<br>LS Three Bean Salad<br>Celery and Baby Carrots<br>Mandarin Oranges              |
| MONDAY 15   | TUESDAY 16   | WEDNESDAY 17   | THURSDAY 18  | FRIDAY 19   |
| All Beef Hot Dog w/Bun<br>Baked French Fries<br>LF Broccoli Salad<br>Garden Salad w/LF Dressing<br>Diced Pears  | Red Chile Beef Enchiladas<br>Shredded lettuce/Diced Tomato<br>Calabacitas<br>Pinto Beans<br>Chilled Mixed Fruit                                | Meatloaf<br>Mashed Potatoes & Gravy<br>Sauted Spinach w/Mushrooms<br>WW Roll w/Margarine<br>SF Gelatin   | Baked Chicken/Noodle Casserole<br>Steamed Peas and Carrots<br>Beet and Onion Salad<br>Whole Wheat Dinner Roll<br>Chilled Diced Peaches             | Garlic Herb Bkd Pork Chop<br>Rice Pilaf<br>Honey Glazed Carrots<br>Italian Green Beans<br>Whole Wheat Dinner Roll<br>Fresh Orange |
| MONDAY 22   | TUESDAY 23   | WEDNESDAY 24   | THURSDAY 25  | FRIDAY 26   |
| Santa Fe Chicken<br>Over Cilantro-Lime Brown Rice<br>Zucchini/Onions W Diced Tomatoes<br>Chuckwagon Vegetables<br>Garden Salad w/LF Dressing<br>Cinnamon Spice Baked Apples | Bean & Cheese Soft Taco<br>Shredded Lettuce/Diced Tomatoes<br>Spanish Slaw<br>Picante Sauce PC<br>Orange Sections w Cinnamon                   | Frito Pie<br>Shredded Lettuce/Diced Tomato<br>Mixed Vegetables<br>Cucumber and Tomato Salad<br>Cantaloupe/ Honeydew  | Southwest Tater Tot Casserole<br>w Corn and Black Beans<br>Tossed Garden Salad<br>Whole Wheat Dinner Roll<br>Fresh Banana                          | Spaghetti w/Meatballs<br>Italian Blend Vegetables<br>Garlic Breastick<br>Pinapple & Mandarin Oranges                              |
| MONDAY 29   | TUESDAY 30   | Wednesday 31   |  |   |
|  Memorial Day<br>All Centers Closed   | Salisbury Steak w/M ushrooms<br>Parslied Potatoes<br>Steamed Green Beans<br>Tossed Garden Salad<br>WW Roll w/Margarine<br>Tropical Fruit Salad | <u>Baked Ham</u><br><u>Orzo Pasta</u><br><u>Rstd Brssl Sprouts w/Garbanzo Beans</u><br><u>Spinach Cranbery Salad</u><br><u>Sweet Roll w/Margarine</u><br><u>Chilled Spiced Pears</u> | LF Milk Served w/Each Meal<br>Can Fruit in Light Syrup<br>WW= Whole Wheat<br>GC=Green Chili<br>RC=Red Chili<br>HM = Honey Mustard                  |    |

Final