



# May 2023 Meals on Wheels Menu



Kane Center

Monday 5/1/23	Tuesday 5/2/23	Wednesday 5/3/23	Thursday 5/4/23	Friday 5/5/23
BEEF PATTY MELT w/onions & cheese CRISPY POTATO CUBES SPINACH* BREAD ORANGE + MARGARINE MILK	CHICKEN IN WINE SAUCE RICE* SAUTEED GREEN BEANS+ BREAD PINEAPPLE TIDBITS+ MARGARINE MILK	MEAT & CHEESE LASAGNA SAUTEED CARROTS* SLICED PEACHES* MARGARINE BREAD MILK	MEATLOAF MASHED POTATOES CHOPPED SPINACH* BREAD MANDARIN ORANGES+ MARGARINE MILK	SOUTHERN PULLED PORK BBQ BAKED BEANS SAUTEED COLLARD GREENS*+ BREAD SLICED PEACHES* MARGARINE MILK
Monday 5/8/23	Tuesday 5/9/23	Wednesday 5/10/23	Thursday 5/11/23	Friday 5/12/23
POLISH SAUSAGE SAUERKRAUT+ POTATOES & BAKED BEANS HOT DOG ROLL PINEAPPLE TIDBITS* MARGARINE MILK	BEEF STROGANOFF BUTTERED NOODLES CALIFORNIA BLEND*+ BREAD FRUIT CUP+ MARGARINE MILK	BBQ CHICKEN QUARTERS (Bone-In) SWEET POTATO* SAUTEED GREEN BEANS+ BREAD PEARS + MARGARINE MILK	BAKED HAM ROAST YAMS* COLLARD GREENS+ BREAD APPLE SAUCE+ MARGARINE MILK	CHICKEN CACCIATORE PASTA MIXED VEGETABLES*+ BREAD BANANA+ MARGARINE MILK
Monday 5/15/23	Tuesday 5/16/23	Wednesday 5/17/23	Thursday 5/18/23	Friday 5/19/23
CHILI OVER RICE CORN NIBLETS BRAISED SPINACH * BREAD MANDARIN ORANGES+ MARGARINE MILK	ROSEMARY PORK GARLIC HERB POTATOES CORN ON THE COB+ BREAD FRUIT COCKTAIL+ MARGARINE MILK	SWEET AND SOUR CHICKEN RICE ORIENTAL VEGETABLES+ BREAD APPLE SAUCE+ MARGARINE MILK	SALISBURY STEAK RED GARLIC POTATOES CARROTS BREAD CINAMMON APPLES+ MARGARINE MILK	BACON MAC & CHEESE ZUCCHINI BABY GREEN PEAS+ BREAD CINAMMON APPLES+ MARGARINE MILK
Monday 5/22/23	Tuesday 5/23/23	Wednesday 5/24/23	Thursday 5/25/23	Friday 5/26/23
CHICKEN ENCHILADAS RICE CORN BROCCOLI AND CARROTS*+ BREAD CINNAMON APPLES+ MARGARINE MILK	MEATBALL MARINARA SPAGHETTI CAULIFLOWER FLORETS + SPRING SQUASH BREAD PEARS+ MARGARINE MILK	CHICKEN CORDON BLEU RICE* CORN ON THE COB+ PEAS AND CARROTS BREAD PINEAPPLE TIDBITS+ MARGARINE MILK	BEEF STEW MASHED POTATOES BABY GREEN PEAS BREAD BANANA+ MARGARINE MILK	CHICKEN PARMESAN W/PASTA SUMMER SQUASH MIXED VEGETABLES *+ BREAD FRUIT CUP+ MARGARINE MILK
Monday 5/29/23	Tuesday 5/30/23	Wednesday 5/31/23		
<b>CLOSED IN OBSERVANCE OF MEMORIAL DAY</b>	GROUND BEEF MAC & CHEESE ZUCCHINI BABY GREEN PEAS + BREAD CINNAMON APPLES+ MARGARINE MILK	TERIYAKI PORK RICE* SAUTEED GREEN BEANS+ SAUTEED CARROTS * BREAD MANDARIN ORANGES+ MARGARINE MILK		
Meal Pattern Requirement: (Meals provide a minimum of 1/4 RDA). Meat or alternative = 4oz cooked, edible portion Vegetables and Fruit= 4(1/1) portions Bread or equivalent = 1 serving  *denotes vitamin A requirement. +denotes vitamin C requirements			<b>WE VALUE YOUR OPINION!!</b> PLEASE CALL US AT 223-7825 OR 223-7826 WITH YOUR FEEDBACK.	
Fat = 1 teaspoon			<b>MEALS SERVED WITH 2% MILK</b>  <b>MENU SUBJECT TO CHANGE</b>  <b>WITHOUT NOTICE</b>	
			<b>WE WOULD LOVE TO HEAR FROM YOU!</b>	