


May 2022

Meal delivery
cancellations due
by: **9:00 a.m.**

Monday	Tuesday	Wednesday	Thursday	Friday
May 2 Cheesy Beef & Bow-Ties Fiesta Corn Harvard Beets Mixed Citrus Fruit Apple Streusel Bread	May 3 Breaded Chicken with Pickles Potato Wedges Onion Seasoned Green Beans Peaches Hamburger Bun Strawberry Cream Pie	May 4 CHOICE Sweet & Sour Pork over Brown Rice Ginger Glazed Carrots Midori Blend Vegetables Fresh Orange Fortune Cookie Dinner Roll with Margarine	May 5 Chicken Chimichanga with Cheese Spanish Rice Fiesta Corn & Black Beans Pears Shredded Lettuce Sour Cream Tortilla Chips with Salsa	May 6 CHOICE Pimento Cheese over Lettuce Dixie's Coleslaw Fresh Diced Fruit Hamburger Bun Red Velvet Cake with Cream Cheese Icing
May 9 Bacon, Egg, & Cheese Scramble Buttered Green Beans Stewed Tomatoes Orange Juice Biscuit with Margarine & Jelly Double Chocolate Chip Cookie	May 10 Meat Lasagna Buttered Lima Beans Asparagus Apricots Garlic Biscuit Vanilla Pudding	May 11 CHOICE Sub: Ham, Turkey, Cheese, Lettuce, Tomato, & Pickle Beets Fruit Cocktail Croissant Mayo	May 12 Baked Steak with Gravy Mashed Potatoes with Gravy California Blend Vegetables Peaches Wheat Bread with Margarine Chocolate Chip Muffin	May 13 CHOICE Breaded Fish Potato Wedges Steamed Broccoli Grape Juice Hamburger Bun Tartar Sauce Lemon Bar
May 16 No Crust Chicken Pot Pie over Warm Biscuit Citrus Seasoned Asparagus Beets Pears Tapioca Pudding	May 17 Sloppy Joe's Diced Maple Sweet Potatoes Cauliflower Cranberry Juice Hamburger Bun Peanut Butter Cookie	May 18 CHOICE Pizza Casserole Golden Hominy Steamed Broccoli Fresh Apple Garlic Bread Chocolate Cake with Chocolate Icing	May 19 Chicken Drumsticks Mashed Potatoes with Gravy Maple Dill Carrots Wheat Bread with Margarine Blueberries over Pound Cake	May 20 CHOICE Cheese Omelet Potato Cakes Spinach Peaches Biscuit with Margarine & Jelly Cherry Crisp
May 23 Chicken Bacon Ranch Pasta Normandy Blend Vegetables Buttered Yellow Corn Apple Juice Wheat Bread with Margarine Sugar Cookie	May 24 Ham & Scalloped Potatoes French Style Green Beans Warm Dinner Roll with Margarine Apricots Banana Nut Muffin	May 25 CHOICE Sandwich: Roast Beef, Cheese, Lettuce, Tomato, Pickle Mustard Potato Salad Fresh Diced Fruit Hamburger Bun Mayo Carrot Cake	May 26 Cheeseburger with Onion & Pickle Tater Tots Steamed Broccoli Strawberry & Blueberry Parfait Hamburger Bun Ketchup & Mustard	May 27 CHOICE Macaroni & Cheese Green Peas Warm Blushing Pears Blueberry Bread Tossed Salad with Honey Mustard
May 30 CLOSED FOR MEMORIAL DAY!!!!!! ENJOY YOUR HOLIDAY MEAL	May 31 Spaghetti & Meatballs with Sauce Italian Green Beans Buttered Yellow Corn Apricots Garlic Bread Vanilla Pudding		Modified Diet Choices Cardiac Diabetic Diverticulitis Texture Choices Regular Chopped Pureed Milk Choices Skim 2% Chocolate	Choice of Entrée - You must have the choice slip from your newsletter turned in by the date specified. If the choice slip is not turned in, you will receive the first item on that date.

CONGREGATE SITE RESERVATIONS received the same day may not always be served what is on the menu. Please call one week in advance.

VOLUNTARY CONTRIBUTIONS FOR PERSONS AGED 60 & OLDER. THOSE UNDER AGE 60: THE CHARGE IS \$8.75 PER MEAL.

2022 Nutrition Programs are funded by: Title-III of the Older Americans Act via C.O.A.A.A., MOW Senior Services Levy, Client & Community Donations, and Agency Fundraising.

YOUR REGULAR, GENEROUS DONATIONS ARE GREATLY APPRECIATED. Participants over age 60 will not be denied Title-III funded meals due to their inability to contribute as long as funding lasts.

Ingredient information is available on our website—www.mowfc.org