

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
29 Memorial Day 	30 Chicken & Winter Vegetable Au jus Sauce (249) Rice Blend (148) Pudding (250) Wheat Bread(115) Cal:704/Na:899	31 Meatball Sub Marinara Sauce(384 Seasoned Kale (47) Swt Pot. Wedge(187 Chilled Peaches(5) Sub Roll (320) Cal:755/Na:1050	6/1 Roast Turkey /Gravy (456) Whip Squash (24) Peas (68) Brownie (175) Wheat Bread (115) Cal: 687/Na:976	6/2 Fish Florentine (285) Rstd Chicken(139 Corn (1) Red Bliss Pot.(5) Fruit(7)Bread(130 Cal:627/Na:565 Cal:466/NA:419
5 Chicken Mirabella(168) Ditalini Pasta (20) Spinach Salad (88) Dressing (60) Man Orange(10) Wheat Bread(115) Cal:1042/Na:714	6 Meatloaf/ Gravy (320) Cauliflower(32) Whip Sweet Pot(70) Choc. Pudding(190) Multi Grain Bread(130 Cal:811/Na:930	7 *Hot Dog(540)** Mustard/Relish(55/81 Baked Beans(206) Coleslaw (65) Cantaloupe(7) Hot Dog Roll (270) Cal:719/Na:1332	8 Chef Salad (187) Turkey, Egg , Cheese Dressing (60) Squash Salad (10) Blondie(212) White Bread(122) Cal:1148/728	9 Swt Pot Fish or Greek Chix(150/161 Veg. Medley(24) Whip Potato(107) Peaches (5) Oatmeal Bread(130 Cal:667/656 Cal: 661/650
12 Roast Beef/ Mush Gravy(168) Brussel Sprouts(12) Whip Potatoes(70) Chilled Pineapple(1) Rye Bread (227) Cal:649/Na:616	13 Stuffed Shells(390) Marinara Sauce(198) Green Beans (5) Garden Salad (8) Dressing (320) Straw Mousse(24) Cal:657/Na: 1282	14 Tarragon Chicken Salad(192) Tomato Soup(148) Pasta Salad (215) Cantaloupe (7) Hot Dog Roll (210) Cal:594/Na: 858	15 Special BBQ Ribs (403) Mac & Cheese(142) Baked Beans (206) Fruit Crisp (29) Dinner Roll (190) Cal:829/Na:1029	16 Lemon Chicken (116) Peas (68) Sweet Potato(187) Mand Oranges (10) Wheat Roll (210) Cal:717/Na: 728
19 Breaded Fish(220) Or Pulled Pork (292) Veg. Mix (24) Squash Soup(32) Mixed Fruit (10) Snack & Loaf(170) Cal:871/Na:745 Cal:1076/Na:817	20 Meatball Sub Marina Sauce(384) Broccoli (32) Potato Wedges(200) Fresh Fruit (2) Wheat Sub Roll(320) Cal:712/Na:1045	21 Turkey/gravy(487) Cranberry Sauce (8) Mashed Potato(107) Rstd Zucchini (15) Apple Sauce (14) Multi Grain Brd(130) Cal:655/Na:898	22 Tuna Salad (417) or Chicken Salad (253) 3-Bean Salad (211) Veg Pasta Salad (24) Choc. Cake (159) Wheat Bread (115) Cal: 876/Na: 1072 Cal: 934/Na: 908	23 Chicken Fajita Pep & Onions (55) Bean Salad (135) Spanish Rice (13) Flan Pudding (170) Tortilla (220) Cal: 766/Na: 770
26 Hamburger (320) Ketchup(80) Kale Soup (14) Rstd Potato(121) Fresh Fruit (2) Hamburger Bun(200) Cal: 909/Na:1051	27 Chilled Herbed Chicken (54) Orzo Salad (52) Cuke Salad (105) Lemon Square(255) Pita Bread (430) Cal:998/Na:1033	28 Baked Haddock (220) or Rib-Q (506) Salad (5) Dress (180) Rice Pilaf (93) Pears(5) Bread (130) Cal: 693/Na:1050 Cal: 755/Na:1336	29 Chicken Pot Pie w/Peas & Carrots(135) Red Potatoes (5) Vanilla Pudding (170) Wheat Roll (105) Cal:599/Na:552	30 Sweet & Sour Pork (311) Carrots (65) Fried Rice (125) Pineapples (1) Multi G. Bread(130) Cal:766/Na:770

Menu Subject to Change Without Notice

Sodium values listed in Parentheses Sodium in milk (100 mg), Margarine (30 mg), Tarter Sauce (97mg) & Crackers (56 mg).

*High Sodium Entrée contains more than 500mg. **Indicates higher sodium meal having more than 1200 mg.

Requested Voluntary Confidential Donation: \$2.00 per meal. All donations go to providing meals.

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