

HRDC Senior Center's Menu

May-17

| Monday | Tuesday | Wednesday | Thursday | Friday |
|---|---|--|---|---|
| 5/1/2017 | 5/2/2017 | 5/3/2017 | 5/4/2017 | 5/5/2017 |
| Sloppy Joe Whole Wheat Bun Seasoned Potatoes Spinach Mixed Fruit Apple Juice Milk | Chicken Ala King over Parsley Noodles Carrot Coins Baked Apples 100% Pineapple Juice Whole Wheat Bread Milk | Low Sodium Ham Potatoes Cabbage Apricots Cornbread** 100% Orange Juice Milk | Beef Stir Fry over Brown Rice Warm Peaches Oriental Veggies Whole Wheat Bread Grape Juice Milk | Vegetable Soup Tuna Salad on Whole Wheat Bun Seasonal Fruit Carrot Salad 100% LS V-8 Juice Brownie/Milk |
| 5/8/2017 | 5/9/2017 | 5/10/2017 | 5/11/2017 | 5/12/2017 |
| Spaghetti w/ Meat Sauce Garden Salad Italian Mixed Veggies Garlic Bread Stick Apple Juice Pudding/ Milk | BBQ Chicken Au Gratin Potatoes Spinach Fruit Cocktail Pinto Beans Pineapple Juice WW Bread**/ Milk | Pork Loin w/ Gravy Brown Rice Brussel Sprouts Orange Whole Wheat Dinner Roll** LS V8 Juice Milk | Chicken Kiev Red Smashed Potatoes Green Beans Tropical Fruit Salad Whole Wheat Bread** 100% Orange Juice Milk | Mother's Day Dinner Chicken Chesapeake Twice Baked Potato No Mayo ColeSlaw Broccoli n Cheese Grape Juice Chocolate Cream Pie WW Dinner Roll**/Milk |
| 5/15/2017 | 5/16/2017 | 5/17/2017 | 5/18/2017 | 5/19/2017 |
| Stuffed Pepper*** Mashed Potatoes Peas Mandarin Oranges Apple Juice Whole Wheat Bread** Pudding/Milk | Pulled Pork on Whole Wheat Bun Au Gratin Potatoes Broccoli Mixed Fruit 100% Pineapple Juice Milk | Taco Salad (ground turkey) Lettuce Tomato/ Onion Pinto beans Baked Doritos** sour cream / salsa 100% Orange Juice/ Milk | Chicken Salad on Whole Wheat Bun Potato Salad Three Bean Salad Apple Slices 100% Orange Juice Milk | Salmon Cakes Sweet Potato Spinach Peaches LS V-8 Juice 4-6 Whole Wheat Crackers** Cake/ Milk |
| 5/22/2017 | 5/23/2017 | 5/24/2017 | 5/25/2017 | 5/26/2017 |
| White Chicken Chili (diced chicken/ White Beans and tomatoes) Fruit Salad Rice Apple Juice/ Milk Biscuit | Ham Pot Pie**** (Ham, potatoes, mixed veggies) Broccoli Lima Beans Biscuit on top Pineapple Juice/ Milk | Hamburger Steak w/ Gravy Baked Potato w/ sour cream Carrots Pickled Beets Whole Wheat Bread** Grape Juice/ Milk | Garlic Chicken Pasta Primavera (Pasta Mix Veggies) Spinach Whole Wheat Bread**/Milk 100% Orange Juice | Liver and Onions Mashed Potatoes w/ Gravy Cauliflower Apple Sauce Whole Wheat Bread** LS V-8 Juice Brownie / Milk |
| 5/29/2017 | 5/30/2017 | 5/31/2017 |  | |
| CENTER CLOSED  | Country Fried Steak Mashed Potatoes Country Gravy Carrots Green Beans 100% Pineapple Juice WW Bread**/Milk | Broccoli Stuffed Chicken Potatoes Broccoli with Cheese Mandarin Oranges Cookie Whole Wheat Bread** Grape Juice/ Milk | | |
| | | | Under Age 60 -\$5.00 | |

*Substitutions may be made according to availability of items

** ADC add slice bread for grain requirement

*** ADC Substitution Meatballs w/ Gravy

**** ADC Same Menu Separate Items

HRDC is an Equal Opportunity Provider

2/9/2017

All Juices are fortified with Vitamin C