

May 2019

Monday	Tuesday	Wednesday	Thursday	Friday
EACH MEAL IS SUPPLIED WITH A 1/2 PINT OF 2% MILK		1 Chicken with Peanut Sauce Oriental Blend Vegetables Steamed Spinach Steamed Rice Mixed Fruit	2 Beef Macaroni w/Tomato Green Peas Yellow Crookneck Squash White Roll Sugar Free Gelatin Cup	3 Roasted Turkey Breast Poultry Gravy Sweet Potatoes Green Beans Whole Wheat Bread (1) Sugar Free Pudding Cup
6 Turkey ala King Red Bliss Potatoes Brussels Sprouts Biscuit Sugar Free Gelatin Cup	7 Roast Pork Apple Berry Sauce Green Peas Carrots Wild Rice Blend Sugar Free Gelatin Cup	8 Beef & Rice Patty w- Cabbage Cabbage with entrée Normandy Blend Vegetables Whole Wheat Bread (1) Spiced Peaches	9 Smothered Chicken Breast Whipped Sweet Potatoes Steamed Spinach Whole Wheat Bread (1) Mandarin Oranges	10 Beef Stroganoff w/ Noodles Green Beans Whole Kernel Corn Whole Wheat Bread (1) Applesauce
13 Roast Beef Brown Gravy Mashed Potatoes Carrots White Roll Sugar Free Gelatin Cup	14 Baked Chicken Thigh Herbed Potatoes Normandy Blend Vegetables Whole Wheat Bread (1) Peaches	15 Breaded Fish Tartar Sauce Yellow Crookneck Squash Steamed Spinach Whole Wheat Bread (1) Graham Crackers	16 Chicken Breast Fillet Italian Herb Sauce Green Peas Cauliflower Whole Wheat Bread (1) Fruit & Grain Bar	17 Hamburger Pinto Beans Chuckwagon Corn Hamburger Bun Sugar Free Gelatin Cup
20 Turkey with Divan Sauce Steamed Spinach Whole Kernel Corn Whole Wheat Bread (1) Sugar Free Pudding Cup	21 Beef Patty Pepper & Onion Gravy Green Peas Steamed Cabbage Whole Wheat Bread (1) Applesauce	22 Breaded Chicken Patty Carrots Green Beans Hamburger Bun Mandarin Oranges	23 Sweet & Sour Pork Pears Broccoli Cuts Steamed Rice Sugar Free Gelatin Cup	24 Chicken Pomodoro Italian Blend Vegetables Brussels Sprouts Peaches
27 Veal with Parmesan Sauce Capri Blend Vegetables Green Peas Noodles (1/3 c) Pears	28 Turkey with Divan Sauce Steamed Spinach Whole Kernel Corn Whole Wheat Bread (1) Sugar Free Pudding Cup	29 Meatballs Brown Gravy Mashed Potatoes Normandy Blend Vegetables Whole Wheat Bread (1) Sugar Free Gelatin Cup	30 Hearty Pork Stew Green Beans Steamed Cabbage Whole Wheat Bread (1) Mixed Fruit	31 Chicken Breast Fillet Honey Mustard Sauce Carrots Rosemary Potatoes Whole Wheat Bread (1) Applesauce

**ALL MENUS ARE SUBJECT TO CHANGE WITHOUT PRIOR NOTICE **

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THE NUTRITIONAL INFORMATION CONTAINS THE MILK OFFERED WITH EACH MEAL		1 CAL = 592.06 FAT = 4.82 G SODIUM = 1.84 MG FIBER = 9.94 G CARBS = 72.49 G CALCIUM = 552.05 MG	2 CAL = 533 FAT = 5.81 G SODIUM = 1.71 MG FIBER = 9.66 G CARBS = 62.05 G CALCIUM = 503.49 MG	3 CAL = 515.03 FAT = 1.38 G SODIUM = 0.91 MG FIBER = 5.71 G CARBS = 72.29 G CALCIUM = 326.64 MG
6 CAL = 584.47 FAT = 3.51 G SODIUM = 2.25 MG FIBER = 7.99 G CARBS = 71.81 G CALCIUM = 453.1 MG	7 CAL = 544.72 FAT = 3.5 G SODIUM = 2.07 MG FIBER = 11.51 G CARBS = 71.33 G CALCIUM = 634.79 MG	8 CAL = 586.17 FAT = 7.67 G SODIUM = 2.12 MG FIBER = 8.67 G CARBS = 67.48 G CALCIUM = 560.56 MG	9 CAL = 512.49 FAT = 2.26 G SODIUM = 1.53 MG FIBER = 9.1 G CARBS = 72.62 G CALCIUM = 532.95 MG	10 CAL = 626.52 FAT = 2.74 G SODIUM = 1.36 MG FIBER = 7.21 G CARBS = 74.92 G CALCIUM = 449.68 MG
13 CAL = 607.03 FAT = 2.08 G SODIUM = 1.94 MG FIBER = 6.53 G CARBS = 70.45 G CALCIUM = 415.42 MG	14 CAL = 618.48 FAT = 3.6 G SODIUM = 2.8 MG FIBER = 7.55 G CARBS = 66.51 G CALCIUM = 569.82 MG	15 CAL = 518.59 FAT = 4.09 G SODIUM = 1.06 MG FIBER = 6.96 G CARBS = 75.99 G CALCIUM = 413.12 MG	16 CAL = 538.96 FAT = 1.78 G SODIUM = 1.31 MG FIBER = 10.76 G CARBS = 72.49 G CALCIUM = 438.17 MG	17 CAL = 591.79 FAT = 1.59 G SODIUM = 1.13 MG FIBER = 9.49 G CARBS = 72.76 G CALCIUM = 382.23 MG
20 CAL = 524.38 FAT = 2.2 G SODIUM = 1.22 MG FIBER = 10.27 G CARBS = 67.32 G CALCIUM = 462.21 MG	21 CAL = 536.37 FAT = 1.43 G SODIUM = 1.16 MG FIBER = 10.29 G CARBS = 62.89 G CALCIUM = 386.28 MG	22 CAL = 546.45 FAT = 1.42 G SODIUM = 1.24 MG FIBER = 9.42 G CARBS = 74.94 G CALCIUM = 395.87 MG	23 CAL = 647.77 FAT = 8.98 G SODIUM = 2.26 MG FIBER = 6.16 G CARBS = 74.13 G CALCIUM = 554 MG	24 CAL = 534.55 FAT = 1.47 G SODIUM = 1.9 MG FIBER = 10.92 G CARBS = 69.83 G CALCIUM = 457.23 MG
27 CAL = 562.48 FAT = 6.52 G SODIUM = 101.28 MG FIBER = 13.49 G CARBS = 74.12 G CALCIUM = 491.59 MG	28 CAL = 524.38 FAT = 2.2 G SODIUM = 1.22 MG FIBER = 10.27 G CARBS = 67.32 G CALCIUM = 462.21 MG	29 CAL = 664.97 FAT = 2.07 G SODIUM = 1.95 MG FIBER = 7.94 G CARBS = 70.67 G CALCIUM = 466.23 MG	30 CAL = 603.2 FAT = 8.72 G SODIUM = 1.88 MG FIBER = 7.72 G CARBS = 62.19 G CALCIUM = 566.79 MG	31 CAL = 527.92 FAT = 3.28 G SODIUM = 1.53 MG FIBER = 7.49 G CARBS = 70.45 G CALCIUM = 434.95 MG

GM = GRAMS CAL = CALORIES MG = MILIGRAMS CARBS = CARBOHYDRATES