

MEALS ON WHEELS MAY 2018 MENU Please contact Debbie at 651-653-3123

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SAT	SUN
CHOICE MEALS can be ordered 2 wks prior by calling 651-653-3123 And are listed below in purple box	1	2	3	4	5	6
	BBQ Pork Cheese Cauliflower Peach Crumble Whole Fruit, Potato Chips, Dinner Roll ALT: BBQ Chicken	French Toast Butter & Syrup Turkey Sausage Hashbrowns Applesauce	Beef Goulash Macaroni Noodles w/cheesy tomato sauce, Carrots in herb butter, Mixed Fruit, Choc. Chip cookie	Lemon baked Pollock , Rice pilaf Peas & carrots Dinner roll Lemon Cake ALT: Lemon Chicken	Roast Turkey	Tator Tot Hotdish
7	8	9	10	11	12	13
Swedish Meatballs Mushroom gravy over Egg noodles sweet peas dinner roll	Roasted Turkey Mashed potatoes & Gravy Succotash Zucchini Muffin Fruit Cup	Raspberry Chicken Roasted potatoes Garlic Green beans Dinner roll Oatmeal cranberry cookie	Teriyaki Pork Loin Brown Rice Ginger Glazed broccoli Mandarin oranges Fortune cookie Alt: Teriyaki Chicken	Beef Nachos Onions & peppers Black beans Cheddar Cheese Sour cream Pineapple chunks	Beef Sloppy Joe	Chicken Stir fry
14	15	16	17	18	19	20
Chicken Parmesan Spaghetti noodles Marinara sauce Balsamic green beans Garlic Toast Mixed Fruit cup	Sloppy Joe Roasted Potato Carrots Whole Wheat Bun M & M Cookie	Chicken & Dumplings Chicken Gravy Vegetable Blend Whole Fruit Butterscotch Blondie	Pork Sausage & peppers Tomato sauce, Cheesy Polenta, Rosemary buttered zucchini Sugar Cookie ALT: Beef sausage	Cheesy Egg Bake Asparagus & Fetta Peach Crumble Dinner Roll Fruit Cup	Chicken Enchilada Bake	Shephard's Pie
21	22	23	24	25	26	27
OLIVE GARDEN Spaghetti w/meat sauce Italian Salad Breadsticks Chocolate mint	Dill Roasted Pollock Roasted potatoes Lima Beans Dinner roll, Diced pears, Tartar sauce Alt: Dill Chicken	Beef Salisbury Steak Mashed potatoes Onion Gravy Buttered Carrots Wheat Dinner Roll Fresh Fruit	Beef Pot Roast Mashed potatoes Roasted vegetables Bread Fruit/Cookie	Chicken & Wild Rice Creamy Spinach sauce Sweet Peas Mixed Veggies Fruit Cup	Chicken Parmesan	Veggie Lo Mein
28	29	30	31	CHOICES FOR MAY 1. Beef pot roast 2. Chicken Stir Fry 3. Roast Turkey 4. Cheesy Egg Bake		
Breakfast Sandwich Turkey sausage Egg bake w/cheddar cheese, breakfast potatoes, English muffin Applesauce	Clam Linguini Creamy alfredo sauce Spring veggies White chocolate mousse ALT: Chicken linguini	Greek Chicken Pasta Olives, artichokes, sundried tomato sauce Zucchini Tropical fruit Sugar cookie	Red wine mushroom Pork Mashed potatoes Glazed carrots WW dinner roll Chocolate Brownie ALT: Red wine chicken			