

# MAY MEAL CALENDAR 2023

## BREAKFAST

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<b>1</b> <b>Scrambled Eggs with Swiss Home Fries with Peppers and Onions</b> <b>WW Bread</b> <b>Fruit, Juice and Milk</b>	<b>2</b> <b>Pancakes</b> <b>Pork Sausage Link</b> <b>Oatmeal</b> <b>Fruit, Juice and Milk</b>	<b>3</b> <b>Eggs Benedict</b> <b>Home Fries with Peppers and Onions</b> <b>Raisin Bran Cereal</b> <b>Fruit, Juice and Milk</b>	<b>4</b> <b>Plain French Toast</b> <b>Turkey Sausage Link</b> <b>Bran Flakes Cereal</b> <b>Fruit, Juice and Milk</b>	<b>5</b> <b>Sliced Tomatoes</b> <b>Turkey Bacon</b> <b>WW Grilled Cheese</b> <b>Oatmeal</b> <b>Fruit, Juice and Milk</b>
<b>8</b> <b>Egg a la Mexicana</b> <b>Bran Flakes Cereal</b> <b>Whole Wheat Tortilla</b> <b>Fruit, Juice and Milk</b>	<b>9</b> <b>Turkey Sausage Patty</b> <b>Waffles</b> <b>Raisin Bran Cereal</b> <b>Fruit, Juice and Milk</b>	<b>10</b> <b>Home Fries</b> <b>Shakshuka</b> <b>Plain Pita</b> <b>Fruit, Juice and Milk</b>	<b>11</b> <b>Cinnamon French Toast</b> <b>Pork Sausage Link</b> <b>Bran Flakes Cereal</b> <b>Fruit, Juice and Milk</b>	<b>12</b> <b>Western Frittata</b> <b>English Muffin, Whole Wheat</b> <b>Oatmeal</b> <b>Fruit, Juice and Milk</b>
<b>15</b> <b>Pancakes</b> <b>Turkey Bacon</b> <b>Oatmeal</b> <b>Fruit, Juice and Milk</b>	<b>16</b> <b>Home Fries</b> <b>Scrambled Eggs with Swiss</b> <b>Whole Wheat Bread</b> <b>Fruit, Juice and Milk</b>	<b>17</b> <b>Farmers Market Individual Omelets</b> <b>Mini Croissant</b> <b>Raisin Bran Cereal</b> <b>Fruit, Juice and Milk</b>	<b>18</b> <b>Pork Sausage Link</b> <b>Waffles</b> <b>Toasted Oats Cereal</b> <b>Fruit, Juice and Milk</b>	<b>19</b> <b>Grilled Mozzarella and Tomato</b> <b>Whole Wheat Sandwich</b> <b>Bran Flakes Cereal</b> <b>Fruit, Juice and Milk</b>
<b>22</b> <b>Cheesy Grits</b> <b>Scrambled Eggs</b> <b>Mini Whole Wheat Bagel</b> <b>Raisin Bran Cereal</b> <b>Fruit, Juice and Milk</b>	<b>23</b> <b>Pancakes Pork Sausage Link</b> <b>Bran Flakes Cereal</b> <b>Fruit, Juice and Milk</b>	<b>24</b> <b>Salmon Egg Frittata with Potatoes and Peas</b> <b>Mini Whole Wheat Bagel</b> <b>Toasted Oats Cereal</b> <b>Fruit, Juice and Milk</b>	<b>25</b> <b>Plain French Toast</b> <b>Turkey Bacon</b> <b>Farina</b> <b>Fruit, Juice and Milk</b>	<b>26</b> <b>Cheese Blintzes</b> <b>Turkey Patty</b> <b>Oatmeal</b> <b>Pineapple Waldorf Salad</b> <b>Fruit, Juice and Milk</b>
<b>29</b> <b>CENTER IS CLOSED   MEMORIAL DAY</b>	<b>30</b> <b>Turkey Bacon</b> <b>Waffles</b> <b>Oatmeal</b> <b>Fruit, Juice and Milk</b>	<b>31</b> <b>Eggs Benedict</b> <b>Home Fries with Peppers and Onions</b> <b>Raisin Bran Cereal</b> <b>Fruit, Juice and Milk</b>	<b>In Person Breakfast   Monday – Friday</b> <b>9:00 AM – 10:00 AM   2nd FL. Dining Room</b> <b>Seating starts @8:30AM. Last ticket sold @9:55AM to sit down and eat. Everyone must finish eating by 10:30AM*</b>	

## LUNCH

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<b>1</b> <b>Chicken Barley Soup</b> <b>Breaded Fish</b> <b>Challah Bread</b> <b>Red Potato Wedges</b> <b>Sautéed Green Beans with Onions</b> <b>Fruit and Milk</b>	<b>2</b> <b>Baked Mushroom Chicken</b> <b>WW Dinner Roll</b> <b>Broccoli and Red Peppers</b> <b>Cauliflower and Potato Mash</b> <b>Fruit and Milk</b>	<b>3</b> <b>Butternut Squash Soup</b> <b>Vegetable Lasagna</b> <b>Garlic Bread</b> <b>California Blend Vegetables</b> <b>Fruit and Milk</b>	<b>4</b> <b>BBQ Pork Chops</b> <b>WW Dinner Roll</b> <b>Baked Macaroni and Cheese</b> <b>Braised Collard Greens</b> <b>Fruit and Milk</b>	<b>5</b> <b>Ginger and Lime Salmon</b> <b>Quinoa</b> <b>Baby Spinach Salad with Lemon Vinaigrette</b> <b>Fruit and Milk</b>
<b>8</b> <b>Vegetarian Chili</b> <b>Cornbread</b> <b>Mixed Green Salad</b> <b>Banana</b> <b>1% Low Fat Milk</b>	<b>9</b> <b>Lentil Soup</b> <b>Chicken Breast with Tomatoes and Feta</b> <b>Red Potato Wedges</b> <b>Beet Salad with Yogurt Dressing</b> <b>Plain Pita</b> <b>Fruit and Milk</b>	<b>10</b> <b>Hamburgers</b> <b>WW Hamburger Bun</b> <b>Cole Slaw</b> <b>Potato Salad</b> <b>Beet Salad with Yogurt</b> <b>Fruit and Milk</b>	<b>11</b> <b>Egg Drop Soup</b> <b>Sweet and Sour Pork Chop</b> <b>Rice with Vegetables</b> <b>Broccoli with Toasted Garlic</b> <b>Fruit and Milk</b>	<b>12</b> <b>Salmon in Garlic Butter Sauce</b> <b>WW Dinner Roll</b> <b>Potato Pancake</b> <b>Steamed Peas and Carrots</b> <b>Fruit and Milk</b>
<b>15</b> <b>Glazed Honey Balsamic Chicken</b> <b>WW Dinner Roll</b> <b>Cauliflower and Potato Mash</b> <b>Mixed Vegetables</b> <b>Fruit and Milk</b>	<b>16</b> <b>Mushroom Barley Soup</b> <b>Baked Pork Chops</b> <b>WW Dinner Roll</b> <b>Garlic and Rosemary</b> <b>Roasted Potatoes</b> <b>Fruit and Milk</b>	<b>17</b> <b>California Veggie Burger</b> <b>Lettuce and Tomato</b> <b>WW Hamburger Bun</b> <b>Mixed Green Salad</b> <b>Potato Fries</b> <b>Fruit and Milk</b>	<b>18</b> <b>White Bean Soup</b> <b>Meat Sauce</b> <b>Garlic Bread</b> <b>Penne</b> <b>Arugula Salad with Balsamic Vinaigrette</b> <b>Fruit and Milk</b>	<b>19</b> <b>Sweet Potato Coconut Curry</b> <b>Fish</b> <b>Brown Rice with Pigeon Peas</b> <b>Sautéed String Beans</b> <b>Fruit and Milk</b>
<b>22</b> <b>Turkey Bean Chili</b> <b>Brown Rice</b> <b>Cornbread</b> <b>Mixed Green Salad</b> <b>Fruit and Milk</b>	<b>23</b> <b>BBQ Pulled Pork</b> <b>WW Hamburger Bun</b> <b>Cabbage Carrot Slaw</b> <b>Roasted Potatoes</b> <b>Ambrosia Fruit Salad</b> <b>Fruit and Milk</b>	<b>24</b> <b>Minestrone Soup</b> <b>Cheese Manicotti</b> <b>Garlic Bread</b> <b>Arugula Salad with Balsamic Vinaigrette</b> <b>Sautéed Green Beans with Onions</b> <b>Fruit and Milk</b>	<b>25</b> <b>Beef Meatloaf</b> <b>WW Dinner Roll</b> <b>Mashed Sweet Potatoes</b> <b>Steamed Cauliflower</b> <b>Fruit and Milk</b>	<b>26</b> <b>Mango-licious Fish</b> <b>Brown Rice</b> <b>California Blend Vegetables</b> <b>Fruit and Milk</b>
<b>29</b> <b>CENTER IS CLOSED   MEMORIAL DAY</b>	<b>30</b> <b>Egg Drop Soup</b> <b>Garlic Beef Meatballs</b> <b>Yellow Rice</b> <b>Asian Cabbage with Eggs</b> <b>Fruit and Milk</b>	<b>31</b> <b>Split Pea Soup</b> <b>Pork Roast with Mango Chutney</b> <b>Black Beans and Rice</b> <b>Yellow Plantains</b> <b>Fruit and Milk</b>	<b>In Person Lunch   Monday – Friday</b> <b>12:00 PM – 1:00 PM   2nd FL. Dining Room</b> <b>Seating starts @11:30AM. Last ticket sold @12:55PM to sit down and eat. Everyone must finish eating by 1:30 PM*</b>	