

Senior Nutrition Program May 2019

Monday	Tuesday	Wednesday	Thursday	Friday
		1 Tuna Sandwich on Whole Wheat w/Lettuce & Tomato Oven Fries Fresh Fruit	2 Chicken ala King Over egg noodles Fresh Green Salad Orange Wedges Dinner Roll	3 SITE CHOICE
6 Beef Taco Bar Mexican Rice Refried Beans w/Fresh Pico de Gallo Fresh Mangoes	7 Asian Chicken Salad w/ Mandarin Oranges, Crunchy Noodles & Toasted Almonds Fresh Fruit Dinner Roll	8 Breakfast Burrito Casserole & Salsa Spiced Black Beans with Red Peppers Fresh Fruit	9 Tilapia with Orange & Herb Sauce Wild Rice Blend Carrot Raisin Salad Fresh Fruit Dinner Roll	10 Veggie Lasagna Fresh Spinach Salad Spiced Pears Garlic Bread
13 Orange Chicken w/ Sticky Brown Rice Steamed Veggies Fresh Fruit Dinner Roll	14 Homemade Meatloaf Mashed Potatoes w/ Gravy Tomato & Cuke Salad Fresh Fruit Dinner Roll	15 LOCALLY GROWN FOOD DAY	16 Marinated Pasta Salad w/Turkey, Cheese & Veggies on a Bed of Lettuce Fresh Fruit Dinner Roll	17 Turkey, Veggie & Cream Cheese Wrap Tomato Bisque Soup Tropical Fruit Salad
20 Whole Grain Pancakes w/Berry Compote Roasted Potatoes w/Peppers & Onions Turkey Sausage	21 Chicken Caesar Salad w/Tomato Wedges, Parmesan & Homemade Seasoned Croutons Fresh Fruit	22 BBQ Beef Sliders Coleslaw Oven Fries Sliced Peaches	23 SITE CHOICE	24 Egg Salad on Fresh Spinach Pear Crisp
27 Closed in Observance of Memorial Day	28 Spaghetti with Meat Sauce & Parmesan Spinach Salad Spiced Pears Garlic Bread	29 BBQ Chicken German Potato Salad Mixed Green Salad Apple Slices	30 Green Thai Curry w/ Spring Veggies Brown Rice Mandarin Oranges	31 Hearty Bean Soup Cheesy Cornbread Mixed Green Salad Fresh Fruit

** Friday meals in Lacey are not federally funded and require payment to attend** (Menu Subject to change)