




May 2019 Lite- Fare



Monday	Tuesday	Wednesday	Thursday	Friday
	8oz carton of 2% milk served 	1 Chicken Breast Sandwich Low Salt chips Pineapple Tidbits W.W. Bun Graham Crackers	2 Italian Hoagie Broccoli Salad Apple/Hoagie Bun Juice	3 Garden Salad 3 Bean Salad Orange W.W. roll Yogurt
6 Roast beef & Cheddar Potato Salad/Juice Cinnamon Apples W. Grain Bread	7 Ham & Pickle Salad Marinated Veg. Salad Plum/Yogurt W. Grain Bread x2	8 Turkey & Cheese Hawaii Rice Salad Apricots W. Grain bread x2 Jello	9 Chef Salad Macaroni Salad Mixed Fruit/Juice W.W. crackers	10 Pasta & Vegetable Salad/Chickpea Salad Banana/Jello Pudding
13 Italian Antipasto Carrot Sticks Mango/Yogurt Juice	14 Chicken Salad Broccoli & Carrot Salad Fruit Cocktail W.W. Roll/Sugar Free	15 Ham & Swiss Coleslaw Nectarine W. Grain Bread x2	16 Turkey Salad Marinated Veg Salad Banana/Yogurt W. Grain bread x2	17 Spinach Salad Orzo Salad Sliced Peaches Jello Juice
20 Pork & Relish Sandwich Carrot Raisin Salad Diced Pears W.W. Bun/Juice	21 Turkey Club Sandwich Pea Salad Applesauce W. Grain bread x2 Yogurt	22 Chicken & Cheese Quesadilla/Corn Chips Mandarin Oranges Pudding/Juice	23 Chicken Cesar Salad Black Bean Salad Banana W.W. Roll Cookie	24 Tuna Antipasto Cucumber Salad Sliced Peaches W. Grain Bread x2 Rice Pudding
27 Senior Center Closed 	28 Salami & Mozzarella Cauliflower Salad Red Beets Lima Beans/Plum	29 BLT Wrap Macaroni Salad Banana/Juice Sugar Free Pudding	30 Taco Salad Corn O'Brien Pineapple tidbits Yogurt/Juice	31 Egg Salad Green Bean Salad Nectarine W.W. Crackers