



MAY 2025 MENU



Monday	Tuesday	Wednesday	Thursday	Friday
			1-May	2-May
			Ham & Beans Dark Green Leafy Salad Coleslaw Cornbread Tropical Fruit Coffee/Tea/Milk	German Meatballs w/ Sauce Mashed Potatoes Brussel Sprouts Baked Apples w/ Cinnamon Wheat Roll Coffee/Tea/Milk
5-May	6-May	7-May	8-May	9-May
Chicken Tenders Baked Potato w/ sour cream California Blend Wheat Roll Apple Crisp Coffee/Tea/Milk	Beef Enchiladas Lettuce, Tomatoes, and Onion Refried Beans Spanish Rice Pineapple Coffee/Tea/Milk	Hot Dog w/ Chili & Cheese Wheat Bun French Fries Cold Pea Salad Mandarin Oranges Coffee/Tea/Milk	Chicken Alfredo w/ Linguini Broccoli Garlic Bread Dark Green Leafy Salad Sliced Pears Coffee/Tea/Milk	Swiss Steak served over Mashed Potatoes Green Beans Wheat Roll Pears Coffee/Tea/Milk
12-May British Cultural Day	13-May	14-May	15-May	16-May
Fish & Chips Crispy Brussel Sprouts Bananna & Strawberries Wheat Roll Coffee/Tea/Milk	Chicken and Stuffing Casserole Roasted Potatoes Mixed Vegetables Rosie Applesauce Wheat Roll Coffee/Tea/Milk	Pork Cutlet Sweet Potatoes Cauliflower Peaches Wheat Roll Coffee/Tea/Milk	Ground beef Stroganoff Green Beans Salad w Tomatoes and Spinach Wheat Roll Jello w/ Fruit Coffee/Tea/Milk	Cooks Choice Coffee/Tea/Milk
19-May	20-May	21-May	22-May	23-May
Taco Salad (meat, cheese, & beans) Lettuce, Tomatoes, & Onions Tropical Fruit Tostitos Pudding Coffee/Tea/Milk	BBQ Chicken Potato Salad Coleslaw Peach Crisp Wheat Roll Coffee/Tea/Milk	Spaghetti / w Meat Sauce Dark Green Leafy Salad Italian Blend Veggies Garlic Bread Fruit Cocktail Coffee/Tea/Milk	Oven Fried Chicken Mashed Potatoes w Gravy Pea & Carrots Wheat Roll Birthday Cake w Fruit Coffee/Tea/Milk	Biscuits and Gravy Sausage Scrambled Eggs Hashbrown Pineapple/Orange Juice Coffee/Tea/Milk
26-May	27-May	28-May	29-May	30-May
Centers & Meal Sites Closed  MEMORIAL DAY	Cheeseburger w/ Bun Lettuce, Tomato, Onion, Pickle Potato Wedges Broccoli Salad Apple Crisp Coffee/Tea/Milk	Sweet and Sour Chicken Fried Rice Oriental Vegetables Egg Roll Mandarin Oranges/Fortune Cookie Coffee/Tea/Milk	Goulash w/ Tomatoes and Onion Green Beans Dark Leafy Green Salad Wheat Roll Cake Coffee/Tea/Milk	Cooks Choice Coffee/Tea/Milk

May is Older Americans Month! This year the focus is "Flip the Script on Aging", challenging negative stereotypes around aging by highlighting the purpose, education, connection, and positives that come with aging

"AGING IS NOT 'LOST YOUTH' BUT A NEW STAGE OF OPPORTUNITY AND STRENGTH." -- BETTY FRIEDAN