



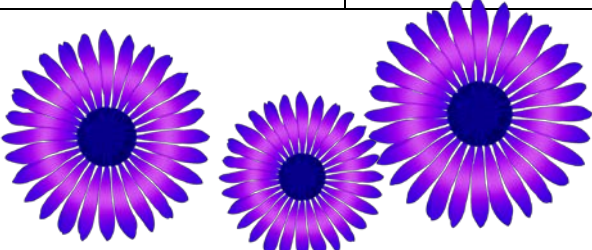


SENIOR CITIZENS MENU MAY 2017

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
1 Swedish Meatballs served over White Rice Steamed Broccoli Orange Whip Whole Wheat Bread Choice of Milk	2 Fried Fish served with Tartar Sauce Baked Beans Creamy Coleslaw Pineapple Chunks Whole Wheat Bread Choice of Milk	3 Swiss Steak Corn Pudding Seasoned Green Beans Chilled Pears Dinner Roll Choice of Milk	4 Spaghetti with Meat Sauce Yellow Squash Chilled Grape Juice Peach Jubilee Garlic Bread Choice of Milk	5 Cinco de Mayo Beef and Bean Tostada Lettuce, Tomato, Cheese Salsa, Sour Cream , Jalapenos Mandarin Oranges Vanilla Ice Cream Choice of Milk 
8 Creole Chicken served over Rice Fried Okra Chilled Orange Juice Oreo Pudding Whole Wheat Bread Choice of Milk	9 Chopped BBQ on a Bun with Sliced Onion Potato Tots with Ketchup Sliced Peaches Rainbow Sherbet Choice of Milk	10 WELLNESS JAMBOREE AT ROSE PARK All other sites closed	11 Chicken Fried Steak with Gravy Whipped Potatoes Green Peas and Onions Tropical Fruit Dinner Roll Choice of Milk	12 Mother's Day Chicken Salad Plate with Sliced Pineapple, Tomato Wedges Saltine Crackers Cherry Cheesecake Choice of Milk 
15 Teriyaki Chicken with Pineapple Glaze over Rice Pilaf Eggroll Green Peas Sugar Cookies Choice of Milk	16 Savory Meatloaf White Hominy California Vegetables Chocolate Cake Whole Wheat Bread Choice of Milk	17 Smoked Turkey on Gravy Baked Yam Mixed Green Salad with Dressing Coconut Pie Dinner Roll Choice of Milk	18 Chicken Strips with Gravy Whipped Potatoes Cucumber Tomato Salad Purple Plums Whole Wheat Bread Choice of Milk	19 Pinto Beans and Ham Sliced Onion Chilled Juice Apple Jubilee Fresh Baked Cornbread Choice of Milk
22 Beef Sausage with Sauerkraut Potato Salad Sliced Carrots Tropical Fruit Whole Wheat Bread Choice of Milk	23 Parmesan Chicken Macaroni and Tomatoes Zucchini Squash Vanilla Pudding Garlic Bread Choice of Milk	24 Sliced Ham Baked Potato with Sour Cream California Vegetables Oatmeal Raisin Cookies Whole Wheat Bread Choice of Milk	25 Birthday's Beef Tips with Tomatoes and Peppers served over Egg Noodles Brussel Sprouts Chilled Juice Birthday Cake Choice of Milk 	26 Hamburger on a Bun Lettuce, Tomato, Pickle, Onion French Fries with Ketchup Mustard, Mayo Mandarin Gelatin Choice of Milk
29 	30 Salisbury Steak Whipped Potatoes Mixed Vegetables Cinnamon Applesauce Whole Wheat Bread Choice of Milk	31 Taco Bean Soup Pimiento Cheese Sandwich Sliced Pears Rainbow Sherbet Choice of Milk		

ROSE PARK SENIOR CENTER
LUNCH SERVED 11:30 A.M. TO 12:15 P.M.
TAKE-HOME MEALS 12:15 P.M. TO 12:30 P.M.

COBB, G.V. DANIELS, SEARS
LUNCH SERVED 11:30 A.M. TO 12:15 P.M.
TAKE-HOME MEALS 12 P.M. TO 12:15 P.M.

MENUS SUBJECT TO CHANGE WITHOUT NOTICE