

# May Menu 2023

## Older Americans Month

Sun	Mon	Tue	Wed	Thu	Fri	Sat
	1 Tuna Salad Sandwich Deviled Eggs Beets Choice of Fruit Milk	2 Turkey or Beef Stroganoff Choice of Greens Choice of Fruit Milk	3 Meatball Mad- ness Roll/ Bread Green Beans Choice of Fruit Milk	4 Honey Lime Chicken Fried Rice Peas Carrots Choice of Fruit Milk	5 Chicken Parme- san over Noo- dles Garlic Bread Side Salad Choice of Fruit Milk	6
7	8 BBQ Chicken or Turkey Sand- wich Broccoli Bites Baked Sweet Potatoes Choice of Fruit Milk	9 Beef or Pork Burrito Lima Beans or Beans Cooked Carrots Choice of Fruit Milk	10 Sweet & Sour Pork Rice Cauliflower Raw Peppers Choice of Fruit Milk	11 Turkey & Dressing Supreme Green Beans Corn Choice of Fruit Milk	12 Oven Roasted Fish (Talapia) Vegetable Rice Choice of Greens Choice of Fruit Milk	13
14  Happy Mother's Day	15 Burrito Bowl Marinated Black Beans Salad Choice of Fruit Milk	16 Sweet & Sassy Chicken Rice Carrots Cabbage Choice of Fruit Milk	17 Oven Fried Chicken Macaroni & Cheese Broccoli Corn Choice of Fruit Milk	18 Spaghetti & Meat Sauce Side Salad Choice of Fruit Milk	19 Pork Tender- loin/ Chop Arroz con Queso Roll/ Bread Mixed Vegeta- bles Fruit Milk	20
21	22 Beef Shephard's Pie Roll/ Bread Choice of Greens Choice of Fruit Milk	23 Chicken Tetrax- zini Side Salad Choice of Fruit Milk	24 Chef Salad Roll/ Bread Choice of Fruit Milk	25 Pizza Cup w/ Marinara Cot- tage Cheese Pizza Green Beans Choice of Fruit Milk	26 Chicken Burrito Refried Beans Stewed Tomat- oes Choice of Fruit Milk	27
28	29 CLOSED <b>MEMORIAL DAY</b>  <b>THANK YOU!</b>	30 Beef Tamale Pie Side Salad Choice of Fruit Milk	31 Salmon Patties Orzo Pasta w/ Peas Broccoli Corn Choice of Fruit Milk	Milk served with all meals. Menu subject to change due to availability of foods. <b>Project Title:</b> Raleigh County Commission on Aging, Inc. <b>Sites:</b> Manor House, Wildwood, & Coal City Approved By: <hr/> <small>(Assistant) Executive Director</small>		

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No eligible participant will be denied a service because of his/her inability or failure to contribute to the cost of a meal.