

May

Meals on Wheels Menu

Congregate Meals will resume at a later date

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
3 Stuffed Green Pepper Roasted Potatoes Carrots Apple Bread Stick	4 Chicken Tenderloin with Gravy Red Skin Potatoes Broccoli Cuts Orange Sections Roll	5 Turkey Burger w/Bun Lettuce/Tomato Cucumber Salad Red Grapes	6 Tuna Noodle Casserole Caribbean Vegetable Garden Salad Apricots Bread	7 Baked Ham Sweet Potatoes Whole Green Beans Banana Dinner Roll
10 Beef Stroganoff Califlower/Broccoli Salad Savory Spinach Fruit Medley Whole Wheat Bread	11 Creamy Chicken & Vegetables Whipped Potatoes Salad Orange Sections Roll	12 BBQ Chicken with Bun Broccoli Pasta Salad Marinated Carrot Salad Peach Halves	13 Meatloaf w/Gravy Red Skin Potatoes Garden Salad Normandy Vegetables Diced Pears Roll	14 Turkey a la King with Rice Herbed Green Beans Vegetable Salad Grain Roll Gelatin
17 Vegetable Lasagna Zucchini Cole Slaw Grapes Whole Wheat Bread	18 Sweet & Sour Meatballs Rice Key West Vegetable Three Bean Salad Red Apple	19 Chicken Divan Chive Potatoes Whole Green Beans Romaine Salad Apple Sauce Breakstick	20 Herbed Pork Loin Oven Browned Potatoes Baby Carrots Fruit Salad Whole Wheat Roll	21 Baked Pollock Roasted Potatoes Normandy Vegetables 100% Fruit Juice Whole Wheat Roll
24 Grilled Pork Patty European Blend Sweet Potatoes Wheat Bread Cinnamon Apples	25 Lemon Chicken Brown Rice Prince Charles Blend Cole Slaw Sliced Peaches Roll	26 Mexican Beef & Bean Casserole Romaine Salad Spinach Apricots Wheat Bread	27 Pizza Three Bean Salad Carrots Grapes	28 Oven Baked Fish Herb Diced Potatoes Succotash Fruit Salad Whole Wheat Roll
31 BUILDING CLOSED	Grab & Go Lunches Available Monday - Friday Pick-up at noon <i>\$3 suggested donation</i> Call 24 hours in advance to reserve a meal: 248.659.1032			



Older Persons' Commission | 650 Letica Drive | Rochester, MI | 48307 248.656.1403
 The Senior Nutrition Program of the Area Agency on Aging 1-B is funded in part by the Federal Older Americans Act and the Michigan Department of Health & Human Services (MDHHS)/Aging and Adult Services Agency (AASA) and complies with the terms and regulations of the Title V of the Civil Rights Act of 1964 as amended, and Section 504 of the Social Rehabilitation Act of 1973 and is an Equal Opportunity Employer program. Reasonable accommodations will be provided upon notification or request. **Contact information: www.aaa1b.org • 1.800.852.7795**