



May 2021 Menu


MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
3 Broccoli Bake 387 Hash Browns 136 Tomato Florentine 143 Fruit Loaf 160 Mandarin Oranges 6	4 Pork Patty 653* Au Gratin 154 Potatoes Chuckwagon Blend 15 HB Roll 230 Pears 4	5 Mexicali Chicken 173 Spanish Rice 22 Mexicali Corn 6 WW Bread 160 Pineapple 1	6 Meatloaf w/ 388 Mushroom Gravy Whipped potato 52 Glazed Carrots 83 Oatmeal Bread 121 Mandarins 6	7 Shrimp w/ Lemon Picatta Sauce 351 Parmesan Risotto 79 Broccoli 12 Oatmeal Roll 121 Cheesecake 220 SF Cupcake 209
Calories: 907 Fat: 47% Sodium: 1004mg Carb: 90g	Calories: 629 Fat: 31% Sodium: 1228mg Carb: 76g	Calories: 645 Fat: 19% Sodium: 535mg Carb: 96g	Calories: 639 Fat: 28% Sodium: 822mg Carb: 92g	Calories: 850 Fat: 33% Sodium: 955 mg Carb: 90g
10 Potato Pollock 150 Lemon Vineagrette 10 Jasmine Rice 36 Brussel Sprouts 12 Wheat Bread 115 Peaches 5	11 Shepherd's Pie 271 Peas & Mushrooms 133 Oatmeal Roll 121 Pears 4	12 Cajun Chicken 377 Dirty Rice 137 California Blend 27 WW Roll 160 Banana 1	13 Spaghetti w/ 164 Bolognese Sauce Italian Blend 26 Dinner Roll 210 Applesauce 15	14 Veal Roulade 370 Dijon Herb Sauce 76 Garlic Mashed Potato 53 Tarragon Carrots 77 Multigrain Bread 190 Mixed Fruit 10
Calories: 692 Fat: 38% Sodium: 500mg Carb: 79g	Calories: 768 Fat: 27% Sodium: 701mg Carb: 106g	Calories: 620 Fat: 21% Sodium: 874mg Carb: 85g	Calories: 679 Fat: 27% Sodium: 587mg Carb: 87g	Calories: 853 Fat: 40% Sodium: 948mg Carb: 98g
17 Hungarian 523* Turkey Skillet Penne Pasta 1 Mixed Vegetables 41 Dinner Roll 210 Mandarin Oranges 6	18 Hot Dog 550* Mustard 55 Baked Beans 36 Carrots 83 Hot Dog Roll 210 Applesauce 15	19 Beef & Broccoli 108 Fluffy Rice 36 MG Roll 190 Chocolate Pudding 191 MOD: Diet Pudding 100	20 Mac & Cheese 404 Escalloped 143 Tomatoes WW Roll 160 Fresh Orange 0	21 Chicken Paella w/ Sausage 187 Broccoli 12 Oatmeal Roll 121 Mixed Fruit 10
Calories: 669 Fat: 22% Sodium: 953mg Carb: 89g	Calories: 754 Fat: 38% Sodium: 1121mg Carb: 88g	Calories: 774 Fat: 37% Sodium: 697mg Carb: 80g	Calories: 740 Fat: 33% Sodium: 879mg Carb: 94g	Calories: 863 Fat: 15% Sodium: 503mg Carb: 132g
24 American Chop Suey 211 Peas & Mushrooms 133 Snowflake Roll 260 Pineapple 1	25 Turkey Stew 587* Whipped Potatoes 52 WW Roll 160 Pears 4	26 Swedish 375 Meatballs 131 Egg Noodles 1 Winter Blend 15 Snowflake Roll 260 Fresh Orange 0	27 Beef Pot Roast 254 Whipped Sweet 33 Potato Green Beans 3 Oatmeal Bread 121 Birthday Cake 209 MOD: LS Cake 210	28 Spinach & 393 Cheese Omelette French Toast Sticks 136 Zucchini & Tomato 39 Fruit Muffin 160 Mixed Fruit 10
Calories: 695 Fat: 22% Sodium: 777mg Carb: 97g	Calories: 616 Fat: 25% Sodium: 975mg Carb: 86g	Calories: 770 Fat: 31% Sodium: 822mg Carb: 95g	Calories: 815 Fat: 32% Sodium: 791mg Carb: 103g	Calories: 736 Fat: 38% Sodium: 910mg Carb: 87g
31 No Meals Served  Memorial Day SCHEDULED AND INDICATED	Milk: 110 Calories 125mg Sodium, 12g Carb Margarine: 36 Calories 47mg Sodium, 0gm Carb	 Happy Mother's Day	* Indicates a food with more than 500mg of sodium. The sodium (mg) content of each item is in parentheses next to the item. The daily totals are listed below each day. Milk and margarine are included in the daily totals but are not listed daily. High sodium days (>1200mg) are bold.	

Menu is subject to change without notice

Without your suggested voluntary donation of \$2.25 per meal many people would go hungry. Please give. Checks are preferred.

For cancellations of home delivered meals, call the Nutrition Office at 1-508-324-4619. If you want to cancel a meal, call no later than 10:30 a.m. on the day before delivery.