

May 2019 MENU

Douglas County Senior Center

* Milk Served Daily

* Sliced Whole Wheat Bread available upon request

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
		1 Tuna Fish Casserole Colorful Salad FF Ls French Dressing Mango Cubes WW Bread	2 Vegetable Egg Roll Cottage Cheese w/ Sliced Peaches Fried Rice Carrots and Snow Peas Tapioca Pudding & Fortune Cookie	3 Ham, Turkey & Cheddar Sub Sandwich w/ Lettuce, Tomato & Onion Spiral Pasta Salad Orange Grape Juice
6 Chicken Parmesan Over Spinach Noodles Tossed Salad Italian Drsg Green Beans Pineapple Chucks	7 BBQ Shredded Pork Sandwich on WW Bun Whole Kernel Corn Steamed Spinach Creamy Coleslaw Spiced Apples	8 Birthday Day Roasted Turkey with Gravy Cranberry Sauce Corn Bread Stuffing, Whole Kernel Corn Ambrosia Fruit Salad Cake & Ice Cream	9 Cream of Potato Soup Baked Cod Cajun Style Mixed Vegetables Creamed Corn Muffins Fruit Cocktail	10 Rigatoni w/ Italian Sausage French Bread Green Salad, Pear Cup Broccoli Peach Pie
13 Turkey & Strawberry Salad (Romaine Lettuce, Turkey Breast, Strawberries, Avocado, Red Onions, Gorgonzola & Candied Pecans) Bread Stick Chocolate Muffin	14 Swiss Steak Egg Noodles Mixed Vegetable Orange Spinach Salad Italian Bread Banana	15 Crab Cakes w/Tartar Sauce Arcadian Blend Salad w/ Cranberries & Almonds Harvest Blend Rice Capri Blend Veggies Lemon Cake	16 #37 Chili Cheese Potato, Steamed Carrots WW Banana Muffin Blueberry Yogurt Orange Banana Juice	17 Sweet Sour Meatballs Jasmine Rice Green Salad W/ Croutons Whole Baby Carrots Sherbet
20 Lentil Soup Tuna Salad Sandwich Carrot Raisin Salad Fresh Apple	21 Chicken Caesar Salad (Romaine Lettuce, Cheese, Tomato, & Croutons), Roll Hard Boiled Egg, Grapes Blueberry Muffin	22 Baked Pork Chop Mashed Sweet Potatoes Steamed Green Beans Mixed Green Salad w/ French Drsg, W W Bread Orange Banana Pudding	23 Fish Bites w/Tartar Sauce Beets & Onion Salad Curly Fries Steamed Spinach Cream Corn Muffins Apricots and Cookie	24 Chicken Fried Steak Mashed Potato w/ Country Gravy Brussel Sprouts 3 Bean Salad Pineapple Upside-Down Cake
27 Holiday Closed	28 Beef Stroganoff & Noodles Baked Butternut Squash Orange Spinach Salad Fresh Plum	29 Baked Fish with Dill Sauce Apple Walnut Slaw Long Grain & Wild Rice Asparagus Iced Chocolate Brownie	30 Beef Taco Salad Bowl (Ground Beef, Lettuce Tomato, Cheese, Salsa, Guacamole, Sour Cream) Spanish Rice, Ranch Style Beans Apple Turnover	31 BBQ Chicken Roasted Vegetables Broccoli Salad Cracked Wheat Bread Strawberries

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