

Council on Aging May 2018 Menu

Monday	Tuesday	Wednesday	Thursday	Friday
7	1	2	3	4
	Cheeseburger on Bun Lettuce/Tomato Baked Beans Angel Food Cake/ peaches Mayo 2%Milk	Beef Soft Taco Lettuce/ Tom Pimento Corn Spanish Rice Oatmeal Cookie Salsa Juice 2%Milk	BBQ Pork Sandwich Coleslaw Parsley Potatoes Fruit Graham Crackers 2%Milk	Baked Fish Wedge Country Blend Vegetables Mac & Cheese Fruit Cocktail Dinner Roll 2%Milk
7	8	9	10	11
Chicken & Noodles Sunshine Carrots Yogurt Green Peas Roll/marg/jelly 2%Milk	Spaghetti w/ Meat Sauce Tossed Salad Zucchini with onions Garlic Bread Cinnamon Applesauce Fat Free Dressing 2%Milk	Chicken Fillet Sandwich Let &Tom Potato Salad Orange Fig Bar Mayo 2%Milk	Meatballs & Cheese on Bun Tossed Salad Italian Vegetables Jell-O Dressing 2%Milk	Chicken Stir Fry Rice Angel Food Cake/fruit Egg Roll Duck sauce Juice 2% Milk
14	15	16	17	18
Turkey Hot dog Chili Coleslaw Corn Banana Yogurt Oatmeal Cookie 2%Milk	Managers Choice	Sweet & Sour Chicken Rice Pudding Graham Crackers Egg Rolls Juice 2%Milk	Pinto Beans Scalloped Tomatoes Steam Cabbage Cornbread/marg Orange 2%Milk	Country Steak w gravy Green Beans 1/2 Baked Potato Muffin Margarine Jell-O 2%Milk
21	22	23	24	25
Krab Cake on Bun Coleslaw Mac& Chese Fruit 2%Milk	Chicken Salad sandwich Lettuce/ Tom Broccoli Salad Orange 2% Milk	Sloppy JoeSandwich Baby Baker Potatoes Angel Food Cake/Fruit Juice 2% Milk	Pork Ribette Coleslaw Greens Cornbread Yogurt Grahman Cracker 2% Milk	Pepper Steak w gravy Green Beans Mashed Potatoes Biscuit Fruit Salad 2% Milk
28	29	30	31	
Chatham Council on Aging Closed for Memorial Day	Hamburger on Bun Lettuce & Tomato Baked Beans Angel food cake/fruit Ketchup Juice 2% Milk	Turkey Sandwich Lettuce Tomato Broccoli Cauliflower Salad Fruit Baked Chips Mayo 2%Milk	Salisbury Steak w gravy Parslied noodles Mix vegetables Roll/ jelly Peaches 2%Milk	Call the day before to order Senior Meal of the Day Guest \$5.50 Eat InTake Out 919-542-4512 Alan 919-742-3975 Teresa or Fred