

Council on Aging May 2019 Menu

Monday	Tuesday	Wednesday	Thursday	Friday
6	7	8	9	10
<p>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</p>		<p>1</p> <p>Beef Soft Taco Lettuce/ Tom Pimento Corn Spanish Rice Oatmeal Cookie Salsa Juice 2%Milk</p>	<p>2</p> <p>BBQ Pork Sandwich Coleslaw Parsley Potatoes Fig Bar 2%Milk</p>	<p>3</p> <p>Baked Fish Wedge Country Blend Vegetables Mac & Cheese Fruit Cocktail Roll/marg/jelly 2%Milk</p>
<p>13</p> <p>Pinto Beans Scalloped Tomatoes Steam Cabbage Cornbread/marg Orange 2%Milk</p>	<p>14</p> <p>Baked Ziti Tossed Salad Fruit Crisp Garlic Bead Stick FF Dressing 2%Milk</p>	<p>15</p> <p>Sweet & Sour Chicken w/rice Pudding Graham Crackers Egg Rolls Duck sauce Juice 2%Milk</p>	<p>16</p> <p>Turkey Hot dog Chili Coleslaw Corn yogurt Oatmeal Cookie 2%Milk</p>	<p>17</p> <p>Country Steak w gravy Green Beans 1/2 Baked Potato Muffin/marg Jell-O Sour Cream 2%Milk</p>
<p>20</p> <p>Krab Cake Mac& Chese Cinnamon Apple Slices Fruit Crackers Tarter Sauce 2%Milk</p>	<p>21</p> <p>Chicken Salad sandwich Lettuce/ Tom Broccoli Salad Orange 2% Milk</p>	<p>22</p> <p>Sloppy JoeSandwich Baby Baker Potatoes Coleslaw Angel Food Cake/Fruit 2% Milk</p>	<p>23</p> <p>Pork Ribette Greens Greens Cornbread Graham Cracker 2% Milk</p>	<p>24</p> <p>Pepper Steak w gravy Green Beans Mashed Potatoes Biscuit Fruit Salad 2% Milk</p>
<p>27</p> <p>Chatham Council on Aging Closed for Memorial Day</p>	<p>28</p> <p>Hamburger on Bun Lettuce & Tomato Baked Beans Angel food cake/fruit Ketchup Juice 2% Milk</p>	<p>29</p> <p>Turkey Sandwich Lettuce Tomato Broccoli Cauliflower Salad Fruit baked potato chips Mayo 2%Milk</p>	<p>30</p> <p>Salisbury Steak w gravy Parslied noodles Mix vegetables Peaches Roll/ jelly 2%Milk</p>	<p>31</p> <p>Cranberry/Orange Chicken California Blend Veg Butter Rice Vanilla Wafers Orange Roll /jelly 2%Milk</p>