


# Council on Aging May 2023 HDM Menu

Monday	Tuesday	Wednesday	Thursday	Friday
1	2	3	4	5
Barbeque Chicken Green Beans Yellow Rice Biscuit Canned Fruit 2% Milk	Sliced Ham w/Raisins Steamed Cabbage Great Northern Beans Biscuit Pineapple 2% Milk	Pork Loin w/Gravy Brocc/Caul. Blend Mashed Sweet Potatoes Biscuit w/Marg. Seasonal Fresh Fruit 2% Milk	Salisbury Steak w/Gravy Mixed Vegetables Mashed Potatoes Yeast Roll w/Marg. Cookies 2% Milk	Baked Chicken w/Gravy California Blend Veg. Buttered Pasta Biscuit w/Jelly Orange Slices 2% Milk
8	9	10	11	12
Baked Spaghetti Peas Steamed Spinach Wheat Roll w/Marg. Canned Fruit 2% Milk	Beef Stew Baby Lima Beans Rice Biscuit w/Marg. Orange Slices 2% Milk	Baked Chicken on Bun 3 Bean Salad Roasted Red Potatoes Warm Fruit Crisp 2% Milk	Swedish Meatballs w/Gravy Mashed Potatoes Baby Carrots Biscuit w/Marg. Cookies 2% Milk	Grilled Chicken Mashed Potatoes Peas Yeast Roll Cookies Peaches 2% Milk
15	16	17	18	19
Chicken Pasta Casserole Broccoli Warm Canned Fruit Margarine Cookies 2% Milk	Cheeseburger on Bun Lettuce/Tomato Baked Beans Warm Canned Fruit 2% Milk	Beef Taco on Tortilla Shredded Lettuce and Tom. Mexican Rice Corn Cinnamon Applesauce Shredded Cheese 2% Milk	Pork BBQ on Bun Slaw Parsley Potatoes Cookies 2% Milk	Pinto Beans Buttered Veg. Blend Macaroni and Cheese Yeast Roll w/Marg. Orange Slices 2% Milk
22	23	24	25	26
Baked Spaghetti Zucchini and Onions Steamed Spinach Wheat Roll w/Marg. Canned Fruit Cookies 2% Milk	Chicken Noodle Casserole Green Peas Carrots Wheat Roll w/Marg. Fruit Yogurt 2% Milk	Sliced Ham w/Raisins Green Beans Sweet Potatoes Biscuit w/Marg. Orange Slices 2% Milk	Meatloaf w/Gravy Mashed Potatoes Frozen Mixed Vegetables Yeast Roll Rice Krispy Bar 2% Milk	Steakburger on Bun Slaw Warm Fruit Cookies 2% Milk
29	30	31		
COA Closed 	Baked Ziti Carrots Tossed Salad w/FF Dressing Yeast Roll w/Marg. Warm Fruit Crisp 2% Milk	Roast Pork w/Gravy Steamed Cabbage Rice Applesauce Cookies Jelly 2% Milk		If you have any questions or need to cancel your meal Contact: Barbara Woody 919-542-4512 ext. 232