

Council on Aging May 2022 HDM Menu

Monday	Tuesday	Wednesday	Thursday	Friday
2	3	4	5	6
Turkey pot pie Baby Limas Fruit Yogurt Yeast Roll/margarine 2% Milk	BBQ Pork Chop Spinach Rice Orange Slices Wheat Roll/margarine Jelly 2% Milk	Sloppy Joe on Bun Coleslaw Warm Bread Pudding Corn Chips 2% Milk	Turkey Ranch Casserole Carrots peas Fruit Yogurt Biscuit 2% Milk	Grilled Chicken Ranch Potatoes Peas Strawberries Cookie Mini Yeast Roll w/Jelly 2% Milk
9	10	11	12	13
Turkey w/gravy Broccoli Rice fruit Wheat Roll w/Marg 2%Milk	Steakburger on Bun Potato wedges Baked Beans Fruit 2%Milk	Beef Taco w/ Lettuce Tomato Mexican Rice Corn Apple Slices 2%Milk	Baked Chicken Bites w/Gravy AuGratin Potatoes Peas & Carrots Cookie Wheat Roll w/Jelly 2% Milk	Managers Choice Meat Green Beans Sweet Potatoes Cupcake Mini Yeast Roll w/Marg 2% Milk
16	17	18	19	20
Chicken & Dumplings Carrots Peas Fruit Yogurt Wheat Roll w/Marg 2%Milk	Spaghetti w/ meat sauce Corn Tossed Salad Gelatin Dinner Roll/margarine FF Dressing 2%Milk	BBQ on Bun Coleslaw Cinnamon apples Baked Potato Chips 2%Milk	Chicken Fajitas Lettuce tom onions & peppers Rice Shredded cheese Orange Slices 2% Milk	Asian Chicken Asian Vegetables Rice Fruit Cupcake 2% Milk
23	24	25	26	27
Beef Stew w/peas & carrots Rice Warm Fruit Corn muffin/margarine 2%Milk	Baked Ziti Turnip Greens Fruit crisp Wheat Roll w/Marg 2%Milk	BBQ Chicken Bites Green Beans Rice Orange Slices Yeast roll/margarine 2%Milk	Roast Pork w/Gravy Mashed Sweet Potatoes Baked Apples Cookie Wheat Roll/margarine 2%Milk	Steakburger on Bun Coleslaw Warm Fruit Cookie 2% Milk
30	31			
	BBQ Pork Chop Spinach Rice Wheat Roll w/Marg, Jelly Orange Slices 2% Milk	If you have questions or need to cancel your meal Contact: Barbara Woody 919-742-3975 ext. 223		