

MAY 2022

(Meals are subject to change)

	Mon	Tue	Wed	Thu	Fri	
<p>Milk is included in all meals</p> <p>Meal Components</p> <ul style="list-style-type: none"> • 3 oz. serving meat /protein • 1 1/2 cups vegetable and/or fruit • 2 servings grain • 8oz low fat milk <p>Guests/Private Pay \$5.00</p> <p>Recommended Donation for Home Delivery & Congregate Programs \$3.00</p>	<p>2</p> <p>Hamburger Patty Green beans Mixed Vegetables WG Bun Orange</p>	<p>3</p> <p>Lemon Chicken Cauliflower Beets WG Roll Pears</p>	<p>4</p> <p>Hot Dog Baked beans Corn WG Bun Peaches</p>	<p>5</p> <p>Egg Omelet French Toast Stewed Tomatoes Broccoli Mixed Fruit</p>	<p>6</p> <p>Fish Patty Peas Carrots WG Bun Pineapple</p>	<p>Tremont</p> <p>Pekin</p> <p>Washington Heartland Apt.</p> <p>*** Cold Meal will be delivered 5/27</p> <p>Lettuce Salad w/ Diced Ham Tomatoes/cheese/onion/ Craisins Mixed Fruit Hawaiian Roll</p>
	<p>9</p> <p>Pulled Pork Sweet Potatoes Broccoli WG Bun Apple</p>	<p>10</p> <p>Chicken Parmesan Carrots Lima Beans WG Roll Mixed Fruit</p>	<p>11</p> <p>B.B.Q. Meatballs Green beans Beets WG Bun Pineapple</p>	<p>12</p> <p>Chicken & Gravy WG Noodles Corn Cauliflower Peaches</p>	<p>13</p> <p>Sloppy joe Mixed Vegetables Peas WG Bun Pears</p>	
	<p>16</p> <p>Pork Riblet Sweet Potatoes Green Beans WG Bun Orange</p>	<p>17</p> <p>Chicken Tacos Lettuce/Tomato/Cheese Black Beans Corn WG Tortilla Tropical Fruit</p>	<p>18</p> <p>Meatball Marinara Broccoli Cauliflower WG Bun Pears</p>	<p>19</p> <p>Sausage Patty English Muffin Stewed Tomato Peas Pineapple</p>	<p>20</p> <p>Chicken Tenders Mashed Potatoes/Gravy Carrots Hot Cin. Apples</p>	
	<p>23</p> <p>Chicken Patty Lima Beans Mixed Vegetables WG Bun Apple</p>	<p>24</p> <p>Beef Tacos Lettuce/Tomato/Cheese Black Beans Corn WG Tortilla Peaches</p>	<p>25</p> <p>Polish Sausage Saur Kraut Carrots WG Bun Pears</p>	<p>26</p> <p>Beef Tenderloin Mashed Potatoes/Gravy Green Beans WG Bun Mixed Fruit</p>	<p>27</p> <p>Chicken nuggets Broccoli Beets Pineapple</p>	
	<p>30</p> <p>CLOSED MEMORIAL DAY</p>	<p>31</p> <p>Pork Tenderloin Sweet Potatoes Broccoli WG Bun Orange</p>				