

# MAY 2023

(Meals are subject to change)

	<b>Mon</b>	<b>Tue</b>	<b>Wed</b>	<b>Thu</b>	<b>Fri</b>	
<p><b>Milk is included in all meals</b></p> <p><b>Meal Components</b></p> <ul style="list-style-type: none"> <li>• <b>3 oz. serving meat /protein</b></li> <li>• <b>1 1/2 cups vegetable and/or fruit</b></li> <li>• <b>2 servings grain</b></li> <li>• <b>8oz low fat milk</b></li> </ul> <p><b>Guests/Private Pay \$5.00</b></p> <p><b>Recommended Donation for Home Delivery &amp; Congregate Programs \$3.00</b></p>	<p>1</p> <p>Pulled Pork Sweet Potatoes Mixed Vegetables WG Bun Orange</p>	<p>2</p> <p>Lemon Chicken Green bens Cauliflower WG Roll Pineapple</p>	<p>3</p> <p>Hot Dog Baked Beans Peas WG Bun Peaches</p>	<p>4</p> <p>CLOSED</p>	<p>5 ( CINCO de MAYO)</p> <p>Beef &amp; Bean Burrito Spanish Rice Corn Banana</p>	<p><b>Tremont</b></p> <p><b>Hopedale</b></p> <p><b>Pekin</b></p> <p><b>Washington Heartland Apt.</b></p>
	<p>8</p> <p>Hamburger Patty Tater Tots Green beans WG Bun Apple</p>	<p>9</p> <p>Chicken Parmesan Carrots Cauliflower WG Roll Peaches</p>	<p>10</p> <p>B.B.Q. Meatballs Lima Beans Beets WG Bun Pineapple</p>	<p>11</p> <p>Chicken Nuggets Broccoli Mixed Vegetables Mandarin Oranges</p>	<p>12</p> <p>Fish Patty Peas Corn WG Bun Sliced Apples</p>	<p><b>****Cold Meal will Be delivered 5/3 Mixed Lettuce Diced Ham Cheese/Tomato Craisins/Onion WG Roll Mandarin oranges</b></p> <p><b>*** Cold Meal will Be delivered 5/26 Spinach Diced Chicken Cheese/Tomato/ Craisins/Onion WG Roll Mandarin Oranges</b></p>
	<p>15</p> <p>Sausage Patty English Muffin Peas Stewed Tomatoes Orange</p>	<p>16</p> <p>B.B.Q. Chicken Broccoli Carrots WG Roll Pineapple</p>	<p>17</p> <p>Meatball Marinara Green Beans Beets WG Bun Peaches</p>	<p>18</p> <p>Chicken Tenders Mixed Vegetables Cauliflower WG Bun Mandarin Oranges</p>	<p>19</p> <p>Shrimp &amp; Grits Green beans Corn WG Roll Banana</p>	
	<p>22</p> <p>Pork Riblet Sweet Potatoes Mixed Vegetables WG Bun Apple</p>	<p>23</p> <p>Chicken Taco Lettuce/Tomato/Cheese Black Beans Corn WG Tortilla Mandarin Oranges</p>	<p>24</p> <p>Polish Sausage Saur Kraut Carrots WG Bun Pineapple</p>	<p>25</p> <p>Beef Tenderloins Cauliflower Broccoli WG Bun Peaches</p>	<p>26</p> <p>Chicken Patty Mashed Potatoes/Gravy Green Beans WG Bun Hot Cin Apples</p>	
	<p>29</p> <p>CLOSED MEMORIAL DAY</p>	<p>30</p> <p>Beef Taco Lettuce/Tomato/Cheese Refried Beans Corn WG Tortilla Orange</p>	<p>31</p> <p>Pork Tenderloin Sweet Potatoes Beets WG Bun Pineapple</p>			