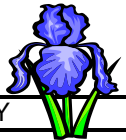


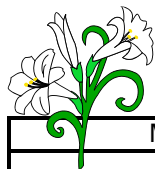




# MAY 2019





MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p><b>OLDER AMERICAN'S MONTH LUNCHES ONLY \$1.00</b></p> 		<p><b>1</b> Chilled Juice Salisbury Steak w/Gravy Baked Potato Harvard Beets Bread w/Margarine Peaches</p>	<p><b>2</b> Chilled Juice Italian Spaghetti w/Meat Sauce Tossed Salad w/Asst.Dressing Italian Bread w/Margarine Ice Cream</p>	<p><b>3</b> Chilled Juice Cold Cut Sub w/Lettuce Ham, Salami, Cheese Tomatoes &amp; Onions Cole Slaw Pineapple Tidbits</p>
<p><b>6</b> Chilled Juice Hamburger Steak Mashed Potatoes w/Gravy Harvard Beets Dinner Roll w/Margarine Vanilla Yogurt Parfait</p>	<p><b>7</b> Chilled Juice Oven Fried Fish w/Tartar Sauce Macaroni &amp; Cheese Stewed Tomatoes Corn Bread w/Margarine Orange</p>	<p><b>8</b> Chilled Juice Chef Salad w/Crackers Assorted Dressings Ham, Turkey, Cheese Tomato &amp; Egg Wedges Pickle Spear, Shredded Carrots Peaches</p>	<p><b>9</b> Chilled Juice Baked Chicken w/Gravy Macaroni Salad Seasoned Greens WW Bread w/Margarine Applesauce Cake</p>	<p><b>10</b> Chilled Juice Navy Bean Soup Egg Salad on Rye Bread Lettuce &amp; Tomatoes Waldorf Salad Fruit Crisp (Turkey Sandwich Diets)</p>
<p><b>13</b> Chilled Juice Chicken Salad on Lettuce Bed Sliced Tomatoes Pasta Salad Spring Blend Vegetables Crackers Peach Crisp</p>	<p><b>14</b> Chilled Juice Italian Spaghetti w/Meatsauce Tossed Salad Asst. Dressings Italian Bread w/Margarine Fruit Cocktail</p>	<p><b>15</b> Chilled Juice Roast Pork w/Gravy Red Skin Mashed Potatoes <b>Broccoli</b> Dinner Roll w/Margarine Birthday Cake</p>	<p><b>16</b> Chilled Juice Vegetable Soup w/Crackers Tuna Salad Sandwich on Rye Bread Lettuce &amp; Tomatoes Pickled Beets Pears</p>	<p><b>17</b> Chilled Juice BBQ Chicken Potato Salad Spinach WW Bread w/Margarine Banana</p>
<p><b>20</b> Chilled Juice BBQ Pork on Bun Tossed Salad Assorted Dressings French Style Green Beans Pear Halves</p>	<p><b>21</b> Chilled Juice Baked Fish w/Tartar Sauce Macaroni &amp; Cheese Stewed Tomatoes Cornbread w/Margarine Apricots</p>	<p><b>22</b> Chilled Juice Roast Beef w/Gravy Corn on the Cob Spring Vegetables Dinner Roll w/Margarine Chocolate Chip Cookie</p>	<p><b>23</b> Chilled Juice Cold Cut Sub Ham, Cheese, Salami Lettuce &amp; Tomatoes Cole Slaw Orange</p>	<p><b>24</b> <b>OLDER AMERICAN DAY CELEBRATION</b> at CHEER Community Center  Tickets are \$6.00 for seniors See your Center Director</p>
<p><b>27</b>  <b>CLOSED</b> <b>MEMORIAL DAY HOLIDAY</b></p>	<p><b>28</b> Chilled Juice Cheeseburger on Bun Lettuce, Tomatoes, Onions Bake Beans Sliced Tomatoes Pineapple Tidbits</p>	<p><b>29</b> Chilled Juice Ham w/Sauce Pasta Salad Broccoli WW Bread w/Margarine Peaches</p>	<p><b>30</b> Chilled Juice Beef Barley Soup Seafood Salad on Lettuce Bed Tomato &amp; Egg Wedges Spinach Salad w/Crackers Fresh Fruit</p>	<p><b>31</b> Chilled Juice Hot open faced Turkey Sandwich w/Cranberry Sauce Mashed Potatoes w/Gravy Vegetable Blend Fruit Cocktail</p>



# MAY 2019



## Nutritional Information

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
		<b>1</b> Calories 730 gms Protein 37 gms Fiber 10 gms Fat 27 gms Sodium 668 mgs	<b>2</b> Calories 797 Protein 32 gms Fiber 10 gms Fat 13 gms Sodium 569 mgs	<b>3</b> Calories 609 Protein 31 gms Fiber 7 gms Fat 19 gms Sodium 1430 mgs
<b>6</b> Calories 676 Protein 39 gms Fiber 3.4 gms Fat 16 gms Sodium 807 mgs	<b>7</b> Calories 633 Protein 39 gms Fiber 5.6 gms Fat 12.8 gms Sodium 811 mgs	<b>8</b> Calories 530 Protein 32 gms Fiber 6 gms Fat 18.87 gms Sodium 932 mgs	<b>9</b> Calories 944 Protein 43.8 gms Fiber 8.8 gms Fat 142.4 gms Sodium 757 mgs	<b>10</b> Calories 934 Protein 34.7 gms Fiber 10.35 gms Fat 40 gms Sodium 988 mgs.
<b>13</b> Calories 886 Protein 55 gms Fiber 8.5 gms Fat 32 gms Sodium 711 mgs	<b>14</b> Calories 886 Protein 40 gms Fiber 9.2 gms Fat 14 gms Sodium 694 mgs	<b>15</b> Calories 809 Protein 45 gms Fiber 11 gms Fat 115 gms Sodium 581 mgs	<b>16</b> Calories 793 Protein 44 gms Fiber 8.5 gms Fat 26.8 gms Sodium 1311 mgs	<b>17</b> Calories 8.28 Protein 51.8 gms Fiber 11 gms Fat 52.7 gms Sodium 803 mgs
<b>20</b> Calories 655 Protein 41 gm Fiber 8.4 gms Fat 28 gms Sodium 847 mgs	<b>21</b> Calories 616 Protein 39 gms Fiber 3 gms Fat 14 gms Sodium 822 mgs	<b>22</b> Calories 727 Protein 42.5 gms Fiber 5 gms Fat 73 gms Sodium 504 mgs	<b>23</b> Calories 727 Protein 22.5 gms Fiber 8.15 gms Fat 22.5 gms Sodium 1209 mgs	<b>24</b> OLDER AMERICAN'S DAY 
<b>27</b> MEMORIAL DAY 	<b>28</b> Calories 697 Protein 40 gms Fiber 7.35 gms Fat 154 gms Sodium 688 mgs	<b>29</b> Calories 548 Protein 31 gms Fiber 7.6 gms Fat 5.46 gms Sodium 959 mgs	<b>30</b> Calories 544 Protein 20 gms Fiber 8.5 gms Fat 19.6 gms Sodium 576 mgs	<b>31</b> Calories 699 Protein 41 gms Fiber 9 gms Fat 10 gms Sodium 862 mgs