



MAY



MONDAY



TUESDAY



WEDNESDAY



THURSDAY

FRIDAY

5

Baked Ziti & Meat Sauce
Lettuce and Tomato Salad
Applesauce
Whole Wheat Roll/Bread
Skim Milk

6

Bacon Egg & Cheese Taco
American Fried Potatoes
Steamed Spinach
Fresh Banana
Skim Milk

7

Swedish Meatballs
Buttered Noodles
Baby Carrots
Whole Wheat Roll/Bread
Fruit Of The Day
Skim Milk

1

Chicken & Dumplings
Collard Greens
Whole Wheat Roll/Bread
Ice Cream
Skim Milk

2

Vegetable Beef
Barley Soup
Shrimp Caesar Salad
Chilled Fruit Cup
Whole Wheat Roll/Bread
Skim Milk

12

3 Cheese Lasagna
Italian Vegetables
Whole Wheat Roll/Bread
Chilled Fruit Cup
Skim Milk

13

Pork Roast/Sauerkraut
Mashed Sweet Potatoes
Roasted Brussels Sprouts
Whole Wheat Roll/Bread
Bread Pudding
Skim Milk

14

Shepherd's Pie
Garlic Green Beans
Whole Wheat Roll/Bread
Fresh Fruit
Skim Milk

15

Orange Glazed Chicken
Brown Rice Pilaf
Collard Greens
Fruited Gelatin
Whole Wheat Roll/Bread
Skim Milk

16

Corn Chowder
Seafood Salad
Mixed Green Salad
Whole Wheat Roll/Bread
Rice Crispy Bar
Skim Milk

19

Hot Dog W/Chili
Baked Beans
Petite Corn On The Cob
Fresh Fruit
Skim Milk

20

Cheese Enchilada
Casserole
Red Beans and Rice
Churros
Skim Milk

21

Pork Fried Rice
Steamed Asian Blend
Vegetables
Chilled Fruit Cup
Whole Wheat Roll/Bread
Skim Milk

22

Cinnamon Honey Chicken
Roasted Sweet Potatoes
Winter Mix Vegetables
Whole Wheat Roll/Bread
Fruited Ambrosia
Skim Milk

23

Italian Crusted Fish
Macaroni & Cheese
Stewed Tomatoes
Whole Wheat Roll/Bread
Chilled Pineapple
Skim Milk

26

27

Baked Glazed Ham
Scalloped Potatoes
Boiled Cabbage
Applesauce
Whole Wheat Roll/Bread
Skim Milk

28

Sloppy Joe
Baked Steak Fries
Cole Slaw
Apple Crisp
Skim Milk

29

Chicken Pesto
Couscous With Roasted
Vegetable, Buttered Spinach
Whole Wheat Roll/Bread
Cinnamon Pears
Skim Milk

30

OLDER AMERICANS MONTH
FLIP THE SCRIPT ON AGING, MAY 2025
Cheer Centers Closed



DELAWARE HEALTH AND SOCIAL SERVICES

Division of Services for Aging and Adults with Physical Disabilities

"This agency receives funding from the DHSS Division of Services for Aging and Adults with Physical Disabilities"

Menu items subject to change due to availability.

CHEER

Over 50 Years Serving Sussex Seniors



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