





FRIDAY

VISIT US AT WWW.CHEERDE.COM AND LIKE US ON FACEBOOK

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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

5

Baked Ziti & Meat Sauce Lettuce and Tomato Salad Applesauce Whole Wheat Roll/Bread Skim Milk Bacon Egg & Cheese Taco American Fried Potatoes Steamed Spinach Fresh Banana Skim Milk

Swedish Meatballs Buttered Noodles Baby Carrots Whole Wheat Roll/Bread Fruit Of The Day Skim Milk Garlic Parmesan Chicken Parmesan Potatoes Basil Zucchini Saute Whole Wheat Roll/Bread Assorted Cookies Skim Milk

Cream Broccoli Soup Tomato & Tuna Salad Wrap Pickled Beets Mandarin Oranges 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

WEDNESDAY THURSDAY

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

Pork Fried Rice Steamed Asian Blend Vegetables Chilled Fruit Cup Whole Wheat Roll/Bread Skim Milk 21

Cheese Enchilada Casserole Red Beans and Rice Churros 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, *

Memorial Day

Cheer Centers Closed

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



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.



Over 50 Years Serving Sussex Seniors

