



# May 2011

Monday	Tuesday	Wednesday	Thursday	Friday
<b>2</b>	<b>3</b>	<b>4</b>	<b>5</b>	<b>6</b>
PORK CHOP (0) TATER TOTS (19) GREEN BEANS (6) WHOLE WHEAT BREAD (20) APPLESAUCE (12)	CHICKEN NUGGET (4) MASHED POTATOES (19) ZUCCHINI & SQUASH (4) SWEET & SOUR SAUCE (11) WHOLE WHEAT BREAD (20) CHOCOLATE MILK (30) ORANGE (21)	MACARONI & CHEESE (14) CARIBBEAN BLEND VEGETABLES (19) WHOLE WHEAT BREAD (20) APPLE WALNUT SALAD (64)	CHICKEN BREAST (0) RED BEANS & RICE (20) CORN (21) TACO SALAD (16) WHOLE WHEAT BREAD (20) RICE PUDDING W/ RAISIN & CINNAMON (34)	HAMBURGER W/ FIXINGS (31) STEAK FRIES (21) COLESLAW (12) JELL-O (19)
<b>9</b>	<b>10</b>	<b>11</b>	<b>12</b>	<b>13</b>
SLICE TURKEY W/ GRAVY (11) SLICED POTATOES (21) BROCCOLI (5) WHEAT ROLL (26) PINEAPPLES & STRAWBERRIES (14)	COUNTRY FRIED STEAK (22) PREBAKED POTATO (18) BRUSSEL SPROUTS (9) WHOLE WHEAT BREAD (20) FRESH GRAPES (16)	CHEESE OMELET (3) TURKEY LINKS (0) FLAME APPLE FUJI (19) CHOCOLATE MILK (30) WHOLE WHEAT BREAD (20) ORANGE WEDGES (11)	FISH (71) RICE PILAF (22) EUROPEAN VEGETABLES (5) WHOLE WHEAT BREAD (20) CHILLED PEARS (16)	HERB MARINATED CHICKEN BREAST (0) STEAK FRIES (21) MIXED GREEN BEANS (6) WHOLE WHEAT BREAD (20) SUNSHINE SALAD (16)
<b>16</b>	<b>17</b>	<b>18</b>	<b>19</b>	<b>20</b>
BBQ PORK RIBETTE (1) SOUPER SCALLOPED POTATOES (20) CARROTS (7) CRACKED WHEAT ROLL (26) RED DELICIOUS APPLE (18)	VEGETABLE LASAGNA (33) ZUCCHINI & SQUASH (4) TOSSED SALAD (2) WHOLE WHEAT BREAD (20) ORANGE (21)	ROAST BEEF W/ GRAVY (2) SLICED POTATOES (21) SUGAR SNAP PEAS (7) WHOLE WHEAT BREAD (20) TROPICAL FRUIT SALAD (24)	SWISS CHICKEN (0) REDSKIN POTATOES (30) BROCCOLI (5) DINNER ROLL (24) CHOCOLATE MILK (30) PINEAPPLES & GRAPES (18)	SPAGHETTI W/ MEAT SAUCE (28) MIXED VEGETABLES (40) TOSSED SALAD (2) WHOLE WHEAT BREAD (20) PEACHES (17)
<b>23</b>	<b>24</b>	<b>25</b>	<b>26</b>	<b>27</b>
LEMON CHICKEN (13) POTATOES W/ BACON & ONIONS (19) VEGETABLE MEDLEY (10) WHOLE WHEAT BREAD (20) FRESH PEAR (25)	BEEF STROGANOFF (8) LINGUINI WHEAT (20) ASPARAGUS (4) WHOLE WHEAT BREAD (20) FRESH CANTALOUPE (9)	HAM (0) SWEET POTATOES (34) PEAS (12) WHOLE WHEAT BREAD (20) CHOCOLATE MILK (30) FRUIT COCKTAIL (14)	SWEET & SOUR MEATBALLS (38) MASHED POTATOES (19) BROCCOLI & CAULIFLOWER (3) WHOLE WHEAT BREAD (20) CHOCOLATE CHIP COOKIE (17)	BBQ CHICKEN (18) PREBAKED POTATO (18) BUTTERED CABBAGE (5) WHOLE WHEAT BREAD (20) JEWELLED JELL-O / AMERICAN PIE (13)
<b>30</b>	<b>31</b>	<b>Saginaw County Commission on Aging - Meals Menu</b> <b>Suggested Donation: \$2.25 ~ Call 989-797-6880 for details</b> <b>Menu subject to change without notice</b> <b>Non-Fat Milk (13) ~ Served with each meal</b> <b>Grams of Carbohydrates ~ 15 grams = 1 carb exchange</b>  <b>*All menus are prepared with no added salt &amp; include a maximum of 1200 mg sodium per meal*</b>		
<b>COA Closed in Observance of Memorial Day</b>	SLOPPY JOE (34) STEAK FRIES (21) BROCCOLI (5) ORANGE (21)			