MAY 2012 CONGREGATE NUTRITION MONTHLY MENU

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
	1 4 oz. BBQ Chicken 4 oz. Macaroni & Cheese 4 oz. Applesauce 1 Roll w/butter 1 Grape Juice 927cal	2 4 oz. Swedish Meatballs 4 oz. Egg Noodles 4 oz. Broccoli 4 oz. Peaches 1 Slice of Bread w/ Butter 1 Orange Juice 995cal	3 4 oz. Turkey Pot 4 oz. Mashed Potatoes 4 oz. Cabbage 1 Banana 1 Slice of Bread w/ Butter 1 Apple Juice 712cal	4 4 oz. Oven Fried Tilapia 4 oz. Corn 4 oz. Greens 4 oz. Pineapple Tidbits 1 Roll w/ Butter 1 Grape Juice 596cal
7 4 oz. Herb Baked Chicken 4 oz. Sweet Potato 4 oz. Italian Blend Vegetables 4 oz. Peaches 1 Roll w/ Butter 1 Orange Juice 645cal	8 4 oz. Meatloaf w/ Gravy 4 oz. Mashed Potatoes 4 oz. California Blend Vegetables 4 oz. Grapes 1 Slice of Bread w/Butter 1 Apple Juice 608cal	9 4 oz. Baked Cod w/ Herbs 4 oz. Spanish Rice 4 oz. Sliced Carrots 4 oz. Pineapple Chucks 1 Roll w/Butter 1 Apple Juice 565cal	10 4 oz. Chicken Stir Fry 4 oz. Rice 4 oz. Mixed Vegetables 4 oz. Applesauce 1 Sliced of Bread w/ Butter 1 Orange Juice 760cal	11 4 oz. Roast Beef 4 oz. Penne Noodles 4 oz. Scandinavian Vegetables 1 Orange 1 Roll w/ Butter 1 Grape Juice 798cal
14 8 oz. Spaghetti w/ Meat Sauce 4 oz. Mixed Vegetables 4oz. Garden Salad 1 Banana 1 Roll w/ Butter 1 Grape Juice 683cal	15 4 oz. Oven Fried Chicken 4 oz. Greens 4 oz. Rice & Kidney Beans 4 oz. Pineapple Tidbits 1 Sliced of Bread w/ Butter 1 Orange Juice 798cal	16 4 oz. Roast Beef w/ Gravy 4 oz. Egg Noodles 4 oz. Green Beans 4 oz. Fruit Cocktail 1 Roll w/ Butter 1 Apple Juice 680cal	17 4 oz. Sliced Turkey 4 oz. Stuffing 4 oz. California Blend Vegetables 1 Orange 1 Sliced of Bread w/Butter 1 Grape Juice 660cal	18 4 oz. Seasoned Tilapia 4 oz. Yellow Rice 4 oz. Broccoli 4 oz. Grapes 1 Roll w/ Butter 1 Orange juice 620cal
21 4 oz. Beef Pot Roast 4 oz. Carrots & Potatoes 4 oz. Green Beans 4 oz. Applesauce 1 Roll w/ Butter 1 Apple Juice 792cal	22 4 oz. BBQ Chicken Leg 4 oz. Corn 4 oz. Greens 4 oz. Peaches 1 Slice of Bread w/ Butter 1 Grape Juice 936cal	23 4 oz. Meat Lasagna 4 oz. Mixed Vegetables 4 oz. Garden Salad 4 oz. Pineapple Tidbits 1 Roll w/ Butter 1 Apple Juice 578cal	24 4 oz. Salisbury Steak 4 oz. Mashed Potatoes w/ Gravy 4 oz. Broccoli 1 Banana 1 Roll w/ Butter 1 Orange Juice 722cal	25 4 oz. Chicken Cacciatore 4 oz. Penne Noodles 4 oz. Italian Blend Vegetables 1 Orange 1 Slice of Bread w/ Butter 1 Grape Juice 1035cal
28 4 oz. Italian Fish 4 oz. White Rice 4 oz. Broccoli 4 oz. Grapes 1 Roll W Butter 1 Orange Juice 708cal	29 8 oz. Spaghetti & Meatballs 4 oz. California Vegetables 4 oz. Garden Salad 4 oz. Applesauce 1 Roll w/ Butter 1 Apple Juice 553cal	30 4 oz. Italian Sausage w/ sautéed onions 4 oz. Roasted Potatoes 4 oz. Scandinavian Vegetables 4 oz. Peaches 1 Roll w/ Butter 1 Grape Juice 969cal	31 4 oz. Marinated Chicken 4 oz. Candied Yams 4 oz. Green Beans 1 Banana 1 Roll w/ Butter 1 Orange Juice 720cal	