

LIFEBRIDGE COMMUNITY SERVICES SENIOR CAFÉ

MAY

Monday	Tuesday	Wednesday	Thursday	Friday
		1	2	3
		3oz BBQ Pork ½ c Baked Beans ½ c Beet Salad 1 ea Cornbread Muffin 1 ea Fresh Fruit 8oz Milk 1 tsp Margarine	3oz Marsala Chicken Thigh ½ c Penne Pasta ½ c Tossed Salad 1 ea Italian Bread ½ c Mandarin Oranges 8oz Milk 1 tsp Margarine 1 ea Ranch Dressing	6oz Cream of Mushroom Soup 1 c Beef Fiesta Macaroni & Cheese 1 ea Broccoli 1 ea Wheat Bread 1 ea Fresh Fruit 8 oz Milk 1 tsp Margarine 1 pkt Saltine Crackers
6	7	8	9	10
1 ea Roasted Chicken Leg Quarter ½ c Scalloped Potatoes ½ c California Vegetable Blend 1 ea Dinner Roll ½ c Applesauce 8oz Milk 1 tsp Margarine	1 c American Chop Suey ½ c Green Peas ½ c Tuscany Vegetable Blend 1 ea Rye Bread ½ c Mandarin Oranges 8oz Milk 1 tsp Margarine	3oz Maple Mustard Pork ½ c Stuffing ½ c Tossed Salad 1 ea Dinner Roll 1 ea Fresh Fruit 8oz Milk 1 tsp Margarine 1 ea Ranch Dressing	Mother's Day Special 1 slice Cheese Quiche ½ c Potato Tots ½ c Garlic Spinach 1 ea. Wheat Bread 1 slice Pound Cake 4oz Assorted Fruit Juice 8oz Milk 1 tsp Margarine	¾ c Beef Vegetable Stir-Fry ½ c White Rice ½ Glazed Carrots 1 ea. Wheat Bread ½ c Pineapple Tidbits 8oz Milk 1tsp Margarine
13	14	15	16	17
3oz Swiss Steak w/ Gravy ½ c Whipped Potatoes ½ c Capri Vegetable Blend 1 ea Rye Bread ½ c Diced Peaches 8oz Milk 1 tsp Margarine	6oz Vegetable Soup 1 c Macaroni & Cheese ½ Cauliflower 1 ea Italian Bread ½ c Applesauce 8oz Milk 1 tsp Margarine 1 pkt Saltine Crackers	3oz Cacciatore Chicken Thigh ½ c Penne Pasta ½ c Mixed Greens 1 ea Dinner Roll 1 ea Fresh Fruit 8oz Milk 1 tsp Margarine	1 ea BBQ Hamburger ½ c Macaroni Salad ½ c Sliced Carrots 1 ea Hamburger Bun 1 ea Fudge Creme Cookie 4oz Assorted Fruit Juice 8oz Milk 1 pkt Ketchup	3oz Ginger Honey Pork ½ c Brown Rice ½ c Green Beans w/ Red Peppers 1 ea Wheat Bread ½ c Pineapple Tidbits 8oz Milk 1 tsp Margarine
20	21	22	23	24
3oz BBQ Pork Rib Patty ½ c Corn O' Brien ½ c Mixed Greens 1 ea Hamburger Bun 1 ea Fresh Fruit 8oz Milk 1 tsp Margarine	3oz Taco Meat ½ c Spanish Rice ½ c Lettuce & Tomato 1 ea Flour Tortilla ½ c Pineapple 8oz Milk 1 pkt Sour Cream	3oz Cut Grilled Chicken 1 c Romaine Lettuce 2 tbsps Parmesan Cheese 1 ea Caesar Dressing ½ c Garbanzo Bean Salad 1 ea Italian Bread 1 ea Fresh Fruit 8oz Milk 1 tsp Margarine	Memorial Day Special 1 ea Frankfurter w/Chili ½ c Potato Salad ½ c Cucumber Salad 1 ea Hot Dog Bun ½ c Fruited Gelatin 8oz Milk 1 pkt Ketchup	¾ c Turkey Tetrazzini ½ c Lima Beans ½ c Carrots 1 ea White Bread 1 ea Brownie 4oz Assorted Fruit Juice 8oz Milk 1 tsp Margarine
27	28	29	30	31
	3oz Balsamic Chicken ½ c Cilantro Lime Rice ½ c Zucchini 1 ea Rye Bread ½ c Oatmeal Cookie 4 oz Assorted Juice 8oz Milk 1 tsp Margarine	3oz Turkey Breast w/Gravy ½ c Whipped Redskin Potatoes ½ c Confetti Coleslaw 1 ea Dinner Roll 1 ea Fresh Fruit 8oz Milk 1 tsp Margarine	6oz Corn Chowder ¾ c Ham, Broccoli & Cheese Casserole ½ c Capri Vegetable Blend 1 ea White Bread ½ c Pineapple Tidbits 8oz Milk 1 tsp Margarine 1 pkt Saltine Crackers	6ea Beef/Chicken Sweet & Sour Meatballs ½ c Brown Rice ½ c Green Peas 1 ea Wheat Bread 1 ea Fresh Fruit 8oz Milk 1 tsp Margarine