SENIOR IN-CENTER MAY LUNCH 2026

Monday	Tuesday	Wednesday	Thursday	Friday
				1 *Stuffed Bell Pepper1ea. (Beef 50% & Pork 50 % 2.5 oz. Meat @9g Pro. WG Quinoa 1/2 c. **Zucchini, Sliced 1/2c. Mixed Fruit 1/2c. 1/2pt 1% White Milk 1ea.
4 Beef Patty (2.25oz @13g Pro) 1ea w/grv 1oz. WG Egg Noodle 1/2c. *Brussel Sprouts 1/2c. Pineapple Tidbits 1/2c. 1/2pt 1% White Milk 1ea.	5 WG 6" Flour Tortilla 1ea Chick. Fajita Strips (3oz.@16g Pro) Corn saute w/ pepper & onions 1/2c. +Mandarin Oranges 1/2c 1/2pt 1% White Milk 1ea.	6 BBQ Pork Rib-B-Q (2.5oz@2oz Meat Eq.) Sand. On Whole Wheat Bun 1 ea. +Coleslaw 3/4 c. Diced Peaches 1/2c. 1/2pt 1% White Milk 1ea.	7 Beef SalisburySteak1ea (3 oz.@12g Pro) with gravy 1 oz WWDinner Roll 1 ea. *Mashed Potato 1/2c. +Hi C Salad 1 Cup Diced Pears 1/2c. 1/2pt 1% White Milk 1ea.	8 Orange Chicken (3.6 oz.@2 oz. Meat Eq.) #10 scoop WG Wild Rice 1/2 c. *Broccoli 1/2c. **Apricots 1/2c. 1/2pt 1% White Milk 1ea.
11 Swiss Bf.Patty1 ea. (2.25oz. @2oz Meat Eq.) WWDinner Roll 1 ea. Italian Veg.1/2c. +Mandarin Oranges 1/2c 1/2pt 1% White Milk 1ea.	12 Tandoori Chicken Thigh 1 ea. (4oz.@19g Pro.) Rice, Black 1/2 c. **Calif. Mix Veg. 1/2c. +Cantaloupe Chunks 1/2 cup 1/2pt 1% White Milk 1ea.	13 Frankfurter 1ea. (Beef 2 oz. Meat Eq) on WG Hot Dog Bun 1 ea. Mustard 1 ea. Ketchup 1 ea. *Broccoli Salad 1/2c. Diced Peaches 1/2c. 1/2pt 1% White Milk 1ea.	14 **Hearty Braised (2.5oz Beef @ 14g Pro) Beef & Veg. 1 cup WWDinner Roll 1 ea. +Hi C Salad 1 Cup *Orange, Fresh 1 ea. 1/2pt 1% White Milk 1ea.	15 WGBrd.Fish 1ea. (3.6oz.@2 oz. Meat Eq. & 1 oz. Grain Eq.) WG Quinoa 1/2 c. *Brussel Sprouts 1/2c. **Apricots 1/2c. 1/2pt 1% White Milk 1ea.
18 Pork Rib-B-Q 1ea (2.5oz@2oz Meat Eq.) w/ gravy 1 oz. WG Egg Noodle 1/2c. Corn saute w/ pepper & onions 1/2c. +Mandarin Oranges 1/2c 1/2pt 1% White Milk 1ea.	19 *Beef Broccoli 6oz (Beef 2.5oz@15g Pro) Rice, Black 1/2 c. **Sweet Potato Cut 1/2c. Mixed Fruit 1/2c. 1/2pt 1% White Milk 1ea.	20 Build Your Own Burrito WG 6" Flour Tortilla 1ea Beef Barbacoa shred 3oz. (14g Pro) w/ Pepp. & onion@ 4 oz. ea. Shred. Cheese 1/2 oz. +Cabbage and Cilantro 1/2c Tropical Fruit 1/2c. 1/2pt 1% White Milk 1ea.	21 Sandwich, Tuna Sld. (2oz @13g Pro. & .5 oz egg & 2oz veg.)@1/2 c. ea. on WW Bread 2 sl. **Minestrone Soup 6oz. *Orange, Fresh 1 ea. 1/2pt 1% White Milk 1ea.	22 Chicken Breast 1ea (3oz.@13g Pro) w/ w/roasted mushroom sauce 2 oz. WG Barley 1/2 c. *Brussel Sprouts 1/2c. Diced Pears 1/2c. 1/2pt 1% White Milk 1ea.
25 Holiday	26 Vegetable Chili 1/2c. (Pinto 8g Pro) WWDinner Roll 1 ea. *Broccoli 1/2c. **Apricots 1/2c 1/2pt 1% White Milk 1ea.	27 Hamburger on Bun Beef Patty (2.25oz @13g Pro) 1ea WG Hamburger Bun 1 ea. Cheese 1 sl. Tomato, Lettuce, Onion 1 ea. +Coleslaw 3/4 c. Pineapple Tidbits 1/2c. 1/2pt 1% White Milk 1ea.	28 Bk Chicken Drum. 2ea (8 oz.@42g Pro.) WG Wild Rice 1/2 c. **Calif. Mix Veg. 1/2c. *Orange, Fresh 1 ea. 1/2pt 1% White Milk 1ea.	29 **Lentil Spinach Soup 1c. (1/2 c. Lentil @16g Pro) WWDinner Roll 1 ea. +Hi C Salad 1 Cup Diced Peaches 1/2c. 1/2pt 1% White Milk 1ea.

*Vitamin C everyday
**Vitamin A 2-3x/week
+ Vitamin C & A