









MAY 2019 SENIOR MENU



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
 High Sodium Meals		1 Beef Stroganoff Pees & Carrots Sourdough Bread Cantaloupe	2 Cheeseburger (lettuce/tomato/onion) Pork & Beans Sliced Apples	3 Shredded Beef Rice Pilaf Hi C Salad Dinner Roll Mixed Melon
6 Breaded Chicken Drumstick Steamed Carrots Wheat Bread Tropical Fruit	7 Pepper Steak Mashed Potatoes Caesar Salad Dinner Roll Pineapple Bits	8 Chicken Fettuccini Alfredo Hi C Salad Sourdough Bread San Joaquin Dessert	9 Breaded Fish Tossed Salad Dinner Roll Honeydew	10 Polish Sausage Dog (onions & bell peppers)  Pickled Beets Sliced Apples
13 BBQ Chicken Thigh California Veggies Wheat Bread Applesauce	14 Spaghetti W/Meatsauce Caesar Salad Sourdough Bread Diced Peaches	15 Albacore Tuna Sandwich Corn Chowder  Cantaloupe	16 Seasoned Beef Taco Salad (beans/cheese/cabbage /cilantro/chips) Sliced Apples	17 Cheeseburger (lettuce/tomato/onion) Potato Salad Tropical Fruit
20 Seasoned Beef and Bean Burrito Tossed Salad W/Broccoli Diced Peaches	21 Meatloaf Mashed Potatoes Dinner Roll Mixed Fruit	22 Chinese Chicken Stir Fry Rice Cantaloupe Pudding	23 Cheese Lasagna Carrot & Raisin Salad Tropical Fruit	24 BBQ Pork Sandwich Coleslaw W/Carrots  Honeydew
27 MEMORIAL DAY CLOSED 	28 Chicken Thigh W/Mushroom Sauce California Mixed Veggies Wheat Bread, Applesauce	29 Salisbury Steak Baked Potato W/Sour Cream Dinner Roll Cantaloupe	30 Chicken Pesto Pasta Broccoli Salad Sourdough Bread Raisins	31 Beef Enchilada Casserole Refried Beans Fruited Jello

Funding Through: Fresno-Madera Agency on Aging * All Meals include Low Fat Milk * All Meals include Low Fat Milk
 Suggested Donation \$2.50 - Non Senior Rate \$5.75

Meals are Subject to change without Notice