May 2019

Add LIFE Senior Dining Menu

Monday	Tuesday	Wednesday	Thursday	Friday
* **Beef and Vegetables with Gravy** Vegetable Fried Rice Cauliflower and Carrots Mixed Fruit		1 **Cheese Tortellini/meat Sauce** Peas & Pearl Onions Warm Country Apples Cake and Ice Cream	2 **Breaded Fish** Baked Beans Squash Cole Slaw Pudding	3 **Ham Boiled Dinner** Broccoli & Cauliflower Grapes Dessert Bar
6 **Salisbury Steak/Gravy** Potato Medley Mixed Vegetables Citrus Cup	7 **Clam Chowder** Egg Salad Sandwich Layered Salad V-8 Juice Applesauce	8 **Baked Potato** Topped with Diced Ham Cheesy Broccoli Tomatoes with Dip Rice Krispy Treat	9 * **Older Americans Celebration in Westfield** **No Home-Delivered Meals Or Dining Sites**	10 **Polish Sausage & Sauerkraut** Diced Red Potatoes Beets Pineapple Cup
13 **Fish Tenders** Edamame Succotash Potato Pancakes Applesauce Cake with Fruit	14 **Meatballs and Gravy** Chickpea Pasta Stewed Tomatoes & Zucchini Tropical Fruit	15 **Mediterranean Chicken Quinoa** Caramelized Carrots Spiced Pears Ice Cream Bar	16 **Lasagna Casserole** Italian Blend Vegetables Roasted Potatoes Fruited Turnover	17 **Shrimp Salad** Lettuce, Shrimp, Mandarin Oranges, Water Chestnuts, Peas, Cheese Baker's Choice
20 **Chicken Spaghetti** Corn and Squash Bake Collard Greens Fruited Yogurt	21 **Scrambled Eggs with Spinach and Peppers** Banana Filled Crepes Sausage Links Potatoes O' Brien Fresh Melon	22 **Very Veggie Soup** BLT Wrap Fruit Salad Muffin	23 **Pulled Turkey & Gravy** Mashed Potatoes Country Blend Vegetables Cake	24 **Pepper Steak** Baby Bakers California Blend Vegs Celery with Peanut Butter Cookie
27 **Closed** memorial DAY	28 **Baked Chicken** Black Bean Au Gratin Potatoes Diced Carrots Dried Fruit Donut	29 **Apple Cinnamon Pork Roast** Sweet Potatoes Asparagus Mandarin Jell-O	30 **Beef Patty with Mushroom Onion Gravy** Korean BBQ Rice Spinach Bake Peaches	31 **Southwest Stew** Romaine Salad Pea and Cheese Pasta Salad Fruit Bar