

May 2024 Menus

Milk and beverages served daily.

Meals Prepared by: Blair Senior Services, Inc.
Registered Dietician: Teri Henry, RDN, LDN

Monday	Tuesday	Wednesday	Thursday	Friday
		1 Roast Pork with Gravy Mashed Potatoes Sauerkraut Apple Juice Ice Cream Bar	2 Swiss Steak with Tomatoes & Onions Scalloped Potatoes Honey Glazed Carrots Blueberry Cobbler	3 Turkey & Provolone Sandwich on Whole Wheat Roll Chicken Rice Soup with Crackers Carrot & Celery Sticks Mandarin Oranges
6 Chicken Tenders with Honey Mustard Dipping Sauce AuGratin Potatoes California Vegetables Chocolate Pudding	7 Spaghetti & Meatballs Italian Blend Vegetables Breadstick Applesauce	8 Grilled Chicken Salad with French Fries & Ranch Dressing Pears in Lime Gelatin Whole Wheat Roll	9 Cheese Steak Sandwich with Peppers & Onions on Whole Wheat Roll Tater Tots Mandarin Oranges	10 Macaroni & Cheese Stewed Tomatoes Roasted Brussels Sprouts Golden Fruit Parfait
13 Chicken & Broccoli Alfredo Maple Dill Carrots Roasted Parmesan Cauliflower Diced Peaches	14 Sloppy Joe on Whole Wheat Roll Baked Beans Broccoli Florets Berry Blend	15 Cheese Pizza Tossed Salad with Red Wine Vinaigrette Dressing Fruit Cocktail Confetti Cake	16 Beef Stroganoff Egg Noodles Roasted Brussels Sprouts Chocolate Chip Cookie	17 Vegetable Quiche Sweet Potato Fries Green Beans Orange Juice
20 Ham & Cheese Sandwich on Whole Wheat Roll Vegetable Barley Soup with Crackers Applesauce	21 Chili with Shredded Cheese Cornbread Mixed Vegetables Berry Blend	22 Baked Chicken with Gravy Mashed Potatoes Green Beans Mandarin Oranges Chocolate Pudding	23 Roast Beef with Gravy Loaded Baked Potato California Blend Vegetables Pears in Lime Gelatin	24 Lemon Baked Fish AuGratin Potatoes Broccoli Florets Peach Crisp
27 MEMORIAL DAY AGENCY CLOSED	28 BBQ Chicken Breast Potato Salad Cantaloupe Cubes Brownie Bites	29 Cheese Omelet French Toast Sticks with Syrup Sausage Patty Orange	30 Chicken Verona Small Shell Pasta with Marinara Sauce Tossed Salad with Red Wine Vinaigrette Blueberry Cobbler	31 Grilled Cheese Sandwich Tomato Soup with Crackers Mandarin Orange/Vanilla Greek Yogurt Parfait