


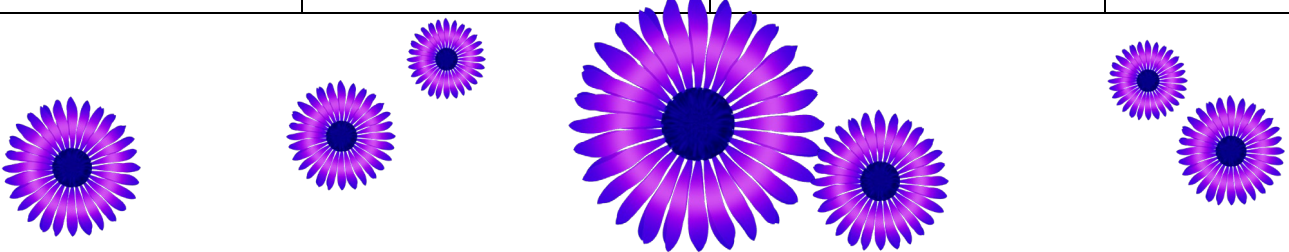


SENIOR CITIZENS MENU MAY 2021

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
3 Salisbury Steak Steamed Corn Seasoned Green Beans Cinnamon Applesauce Whole Wheat Bread	4 Chicken Strips with Gravy Whipped Potatoes Green Pea Salad Diced Peaches Whole Wheat Bread	5 Cinco de Mayo Enchiladas with Chili and Cheese Pinto Beans Salsa, Sour Cream, Jalapenos Pineapple Chunks  Sugar Cookies	6 Spaghetti with Meat Sauce Yellow Squash Chilled Juice Banana Cake Garlic Bread	7 Mother's Day Chicken Salad Plate with Sliced Pineapple, Tomato Wedges. Pickle Spear Saltine Crackers Cherry Cheesecake 
10 Creole Chicken served over Rice Fried Okra Chilled Orange Juice Oreo Pudding Whole Wheat Bread	11 Sliced Ham Baked Potato with Sour Cream Zucchini Squash Fruited Gelatin Whole Wheat Bread	12 Chopped BBQ on a Bun with Sliced Onion/Pickle Spear Potato Tots with Ketchup Sliced Peaches Chocolate Chip Cookies	13 Chicken Fried Steak with Gravy Whipped Potatoes Green Peas and Onions Tropical Fruit Salad Dinner Roll	14 Parmesan Chicken Macaroni and Tomatoes Seasoned Green Beans Lemon Whip Garlic Bread
17 Teriyaki Chicken with Pineapple Glaze over Rice Pilaf Eggroll Green Peas Mandarin Oranges Vanilla Ice Cream	18 Savory Meatloaf White Hominy California Vegetables Chocolate Cake Whole Wheat Bread	19 Smoked Turkey with Gravy Baked Yam Creamy Cucumber Salad Coconut Pie Dinner Roll	20 Pepper Steak Scalloped Potatoes Chopped Broccoli Fruit Cocktail; Whole Wheat Bread	21 Taco Bean Soup Pimiento Cheese Sandwich Pineapple Chunks Cherry Jubilee Cookies
24 Beef Sausage with Sauerkraut Potato Salad Sliced Carrots Tropical Fruit Whole Wheat Bread	25 Beef, Rice Casserole Steamed Corn Sliced Pears Lime Sherbet Whole Wheat Bread	26 Fish served with Tartar Sauce Baked Beans Creamy Coleslaw Lemon Pudding with Topping Whole Wheat Bread	27 Beef Tips with Tomatoes and Peppers served over Egg Noodles Seasoned Yellow Squash Carrot Cake with Icing Dinner Roll	28 Hamburger on a Bun Lettuce, Tomato, Pickle, Onion French Fries with Ketchup Mustard, Mayo Mandarin Orange Fruit Salad Lorna Doone Shortbread
31 				

ROSE PARK SENIOR CENTER
LUNCH SERVED 11:30 A.M. TO 12:30 P.M.

COBB, G.V. DANIELS, SEARS
LUNCH SERVED 11:30 A.M. TO 12:15 P.M.

MENUS SUBJECT TO CHANGE WITHOUT NOTICE