





May 2018

Stephanie Labenz MS, RD, LD

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Monday	Tuesday	Wednesday	Thursday	Friday
	1	2	3	4
	Pork Chop	Liver & Onions	Baked Fish Sandwich 1.5	Cinco De Mayo!
	Mashed Potatoes w/ Gravy 1	Whipped Potatoes 1	Spoon Salad 1	Mexican Casserole 2
	Broccoli Normandy	Riviera Blend Vegetables	Brussels Sprouts w/	 Fiesta Corn 2
	Peach Yogurt Salad 2	Dinner Roll 1	Cheese Sauce	 Mexican Rice 2
	Orange 1	Applesauce 1	Blueberries 1	Plums 1
			Cookie 2	White Cake w/ Frosting 2
7	8	9	10	11
Scalloped Potatoes w/	Cornflake Chicken 1	Beef Salad Sandwich 2	Lemon Fish	Cook's Choice
Turkey Ham 2	Duchess Potatoes 1	Pasta Salad 1	Potatoes 1	Mac & Cheese w/Ham
Carrots	Capri Vegetables .5	Lima Beans 1.5	Asparagus	Spoon Salad
Fruited Yogurt 1	Tropical Fruit 1	Mandarin Oranges 1	Cherry Gelatin 1.5	Corn
Pears 1	Sugar Cookie 1	Apple Bread Pudding 2	Plums 1	Banana
				Cake
14	15	16	17	18
Meatloaf	Turkey Supreme 2	Baked Cod	Pineapple Glazed Pork Chop	Deli Meat on Bun 1
Potatoes 1	Mashed Potatoes 1	Herb Pasta w/Cauliflower 1	Garden Rice Blend 2	w/ Condiments
Green Beans Amandine	Spinach	Carrot Raisin Salad 1	Cucumber & Onion Salad	Broccoli Cheese Soup
Pineapple 1	White Cake 2	Blueberries 1	Cinnamon Applesauce 1	Succotash 1.5
Orange 1	w/Strawberries 1	Cake 1	Mixed Fruit Crisp 1	Apricots 1
		BIRTHDAY DAY		
21	22	23	24	25
Beef Patty	Cook's Choice	Oven Fried Chicken	Goulash 1.5	Hamburger on Bun 1
Party Potatoes 1	Potato Bar	Mashed Potatoes w/ Gravy 1	Spinach Salad	Pickles & Onion
Asparagus	Cheese & Ham	Green Beans	Pears 1	Potato Salad 2
Pineapple 1	Broccoli Normandy	Plums 1	Strawberries 1	Peaches 1
Raisins 1	Apple	Tapioca Pudding 2	Garlic Bread 1	Poke Cake 1
	Fig Bar			Sack Lunch for May 28
28	29	30	31	**Milk offered with all meals.
	Rigatoni w/ Meat Sauce 2	Ham Balls	Tuna Sandwich 2	All meals meet 1/3 of the
Memorial Day	Lettuce Salad	Baked Squash 1.5	Spoon Salad 1	Recommended Dietary Allowances
	Capri Vegetables .5	Peas with Onions	Cottage Cheese & Peach 1.5	(RDA) for older adults. The number
	Banana 2	Apricots 1	Chocolate Chip Cookie 1	after the food item denotes carb
		 Peanut Butter Cookie		count. Cook's Choice days do not
				have carb count labeled.