



Department of Senior Affairs – Nutrition/Transportation Division

Menu for the Week of: May 6th - 10th

We reserve the right to alter the menu due to food availability and suitability for home delivery. Diabetic clients should not be given sugar and only given bread upon request.

Monday, May 6th

Chicken fingers strips w/ gravy	3 oz, 1 oz
Green beans	4 oz
Baked sweet potatoes	4 oz
Orange	1 each
1% milk	8 oz

Tuesday, May 7th

Salmon with dill	3 oz
Roasted peppers	4 oz
Lemon Brown Rice	4 oz
Banana Pudding	4 oz
1% milk	8 oz

Wednesday, May 8th

Beef and Broccoli w/ mushrooms	3 oz, 4 oz
Steamed baby carrots	4 oz
Orzo pasta	4 oz
Pear	1 each
1% milk	8 oz

Thursday, May 9th

Turkey pot pie (with vegetable blend)	2 oz turkey, 4 oz penne, 2 oz alfredo, 1 Biscuit
Diced beets	4 oz
warm peaches	4 oz
1% milk	8 oz

Friday, May 10th

Red chile Omelet with cheddar cheese	4 oz
Rosemary potatoes	4 oz
Stewed tomatoes	4 oz
pineapple w/ Cottage Cheese	3 oz, 1 oz
1% milk	8 oz



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Menu for the Week of: May 13th - 17th

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Monday, May 13th

Flour tortilla Beef Tacos w/ diced tomatoes	2 tortillas, 2 oz meat, 1 oz cheese, 2 oz tomato
Mexicorn	4 oz
Refried pinto beans	4 oz
sherbert	4 oz
1% milk	8 oz

Tuesday, May 14th

Berry Chicken Salad w/ Raspberry Vinaigrette	3 oz chicken, 1 cup spinach, 3 strawberries, 3 oz cheese. 1 P.C.
Croissant	1 each
Mandarin Oranges	4 oz
Wheat Crackers	2 packets
1% milk	8 oz

Wednesday, May 15th

Sweet and Sour Pork	3 oz
Brown rice	4 oz
Malibu Blended Vegetables	4 oz
Banana	1 each
1% milk	8 oz

Thursday, May 16th

Cajun Tilapia	3 oz
Brussels Sprouts	4 oz
Cornbread	1 each
Cantaloupe	4 oz
1% milk	8 oz

Friday, May 17th

Meatloaf	3 oz
Mashed potatoes	4 oz
Imperial blended vegetables	4 oz
Dinner roll	1 each
apple	1 each
1% milk	8 oz



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Menu for the Week of: May 20th - 24th

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Monday, May 20th

Frito Pie (frito's separate)	4 oz beans, 2 oz meat, 1 oz cheese
Sauteed Spinach	4 oz
Orange	1 each
1% milk	8 oz

Tuesday, May 21st

Chicken Fajitas	3 oz meat, 5 oz peppers
Spanish rice	4 oz
Sliced warm apricots	4 oz
Tortillas	2, 6 inch each
1% milk	8 oz

Wednesday, May 22nd

Salisbury Steak with Gravy	3 oz, 1 oz
Steamed Broccoli	4 oz
Mashed Potato	4 oz
Chocolate Pudding	4 oz
1% milk	8 oz

Thursday, May 23rd

Rotisserie Chicken	3 oz
Steak Fries P.C. Ketchup	4 oz
Succotash	4 oz
Pear	1 Each
1% milk	8 oz

Friday, May 24th

Roast Beef	3 oz
Sweet potato	4 oz
Peas carrots	4 oz
Dinner roll w/ margarine	1 each
Jello and Pineapple	4 oz
1% milk	8 oz



Department of Senior Affairs – Nutrition/Transportation Division
Menu for the Week of: May 27th - 31st

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Monday, May 27th Memorial Day

DSA Closed	

Tuesday, May 28th

Spaghetti Primavera	4 oz spaghetti, 3 oz vegetables
Breadstick	1 each
Peas	4 oz
Mandarin oranges	4 oz
1% milk	8 oz

Wednesday, May 29th

Chicken Salad Sandwich (whole wheat sliced bread)	3 oz chicken, 1 tbsp mayo, 1 oz raisins, 2 oz grapes, 2 oz red pepper, 2 slices of whole wheat bread
Marinated Pasta Salad with Black Olives	4 oz
Honey dew	4 oz
1% milk	8 oz

Thursday, May 30th

Sliced Turkey and Gravy	3 oz, 1 oz
Orzo pasta	4 oz
Green Beans	4 oz
Yogurt w/ granola	3 oz, 1 oz
1% milk	8 oz

Friday, May 31st

Roast Pork w/ cinnamon Baked Apples and raisins	3 oz, 4 oz
Au gratin Potatoes	4 oz
Collard Greens	4 oz
Watermelon	4 oz
1% milk	8 oz