

Meals on Wheels of SW Michigan Senior Nutrition Service Congregate Menu



May 2017

Menu Is Subject To Change Without Notice

Meals are Funded By



Along with Participant Contributions,
United Way Partners, Grant Awards and
Local Donations

Monday	Tuesday	Wednesday	Thursday	Friday
1 Swiss Chicken w/ Dressing Mashed Potatoes w/ Gravy Brussels Sprouts Whole Wheat Biscuit Blushing Pears	2 Porcupine Meatballs w/ Gravy Whipped Sweet Potatoes Seasoned Spinach Whole Wheat Roll Pear Slices	3 Turkey Tetrizzini Zucchini & Red Peppers Broccoli Florets Silver Dollar Roll Apricots in Sugar Free Pudding	4 Cabbage Casserole Sweet Corn Cornbread Peach Crisp	5 Vegetable & Tuna Pasta Salad Peas & Cheese Salad Crackers Applesauce
8 Traditional Chili Baked Red Skin Potatoes Mustard Greens Crackers Cooked Apples	9 Spinach Salad w/ Chicken & Blueberries Potato Salad Cornbread Muffin Fruited Jell-O	10 LC CLOSED / FSC OPEN Carolina Pulled Pork Baked Beans Tossed Salad w/ Ranch Dressing Whole Wheat Bun Peaches	11 Chicken Alfredo w/ Carrots Broccoli Florets Whole Wheat Bread Fresh Orange	12 Mother's Day Meal Swiss Steak Mashed Potatoes w/ Gravy Stewed Tomatoes Whole Wheat Roll Fruit Juice Special Dessert
15 Oven Baked Chicken Stew Mashed Potatoes Corn & Red Peppers Whole Wheat Bread Pears	16 Salmon Patty w/ Dill Sauce Brown Rice Asparagus Rye Bread Mandarin Oranges	17 Baked Macaroni & Cheese Green Beans Leafy Romaine Salad w/ Ranch Cornbread Apple Cobbler	18 Taco Salad Black Beans & Corn Salad Tortilla Chips Taco Sauce Cantaloupe	19 Smothered Pork Cutlet Mashed Potatoes Mixed Vegetables Whole Wheat Biscuit Citrus Mix
22 Scalloped Potatoes & Ham Broccoli Florets Harvard Beets Whole Wheat Roll Apricots	23 Baked Manicotti Italian Vegetables Cucumber Salad Whole Wheat Bread Sliced Pears	24 Turkey Salad on Wheat Bread Creamy Pasta Salad Celery Sticks w/ Ranch Fruit Punch	25 Hungarian Pork Chop w/ Gravy Mashed Potatoes Zucchini & Red Peppers Whole Wheat Roll Fruit Cocktail	26 Memorial Day Meal Hamburger w/ Fixings (Tomato, Lettuce, Onion, Pickle) Potato Salad Baked Beans Watermelon
29 <p style="text-align: center;">Closed for Memorial Day</p>	30 Citrus Chicken Yellow Sweet Corn Mixed Green Salad w/ French Dressing Cornbread Applesauce	31 Homemade Meatloaf O'Brien Potatoes California Blend Vegetables Whole Wheat Roll Apricots	LC = Lowe Center FSC = Front Street Crossing	Meals Provide (per week) 85 grams of Carbs 600 - 850 Calories 19 grams Protein (per meal) 30% of Calories from Fat 800 mg Sodium 2% Milk