

Meals on Wheels of SW Michigan Senior Nutrition Services Congregate Menu



May 2018

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 Sloppy Joes Cream of Asparagus Soup Harvest Beets Crackers Applesauce	2 Southwest Chicken over Rice Lemon Pepper Cauliflower Tossed Salad w/ French Dressing Whole Wheat Bread Peaches	3 Spinach and Ham Mac & Cheese Zucchini & Tomatoes Diced Carrots Crackers Lime Perfection Salad	4 Veal Parmesan over Linguine Italian Blend Vegetables Brussels Sprouts Whole Wheat Roll Fruited Yogurt
7 Traditional Chili Baked Redskin Potatoes Mustard Greens Crackers Cooked Apples	8 Liver and Onions Mashed Potatoes w/ Gravy French Green Beans Whole Wheat Roll Fruit Cocktail	9 Carolina Pulled Pork Baked Beans Tossed Salad w/ Ranch Dressing Whole Wheat Bun Peaches	10 Chicken Alfredo w/ Carrots Broccoli Florets Whole Wheat Bread Orange Juice	11 Swiss Steak Mashed Potatoes w/ Gravy Stewed Tomatoes Whole Wheat Roll Jell-O w/ Fruit
14 Lasagna Casserole Italian Vegetable Blend Whole Wheat Bread Sliced Pears	15 Sliced Roast Pork w/ Gravy Mashed Potatoes Green Beans Jell-O w/ Fruit	16 Homemade Meatloaf Au Gratin Potatoes California Blend Vegetables Whole Wheat Roll Apricots	17 Citrus Chicken Corn Mixed Green Salad w/ French Dressing Cornbread Applesauce	18 Lemon Pollock over Rice Broccoli Florets Peas & Carrots Whole Wheat Bread Pineapple
21 Pork Au Gratin Broccoli Florets Cauliflower Salad Banana Bread Fruit Cocktail	22 Egg & Sausage Frittata Potatoes O'Brien Baked Parmesan Tomatoes Blueberry Mini Muffin Fresh Fruit	23 Vegetable & Tuna Pasta Salad Pea & Cheese Salad Crackers Applesauce	24 Chicken Enchilada Casserole Brown Rice Mixed Green Salad w/ Ranch Dressing Cornbread Peaches	25 Memorial Holiday Meal BBQ Chicken Hot German Potato Salad Coleslaw Bread Pudding Pears
28 <p style="text-align: center;">Closed for Memorial Day</p>	29 Grilled Chicken Sandwich w/ Lettuce & Tomato Corn Seasoned Green Beans Bun Apricots	30 Breaded Baked Fish Baked Sweet Potatoes Chef's Choice Vegetables Whole Wheat Biscuit Peach Crisp	31 Cider Braised Pork Chop Mashed Potatoes w/ Gravy Beets Dinner Roll Fruit Cocktail	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 Served / Meal