

Meals on Wheels of SW Michigan/
Senior Nutrition Services
Congregate Menu



May 2019

Meals are Funded By



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

Menu Is Subject To Change Without Notice

Monday	Tuesday	Wednesday	Thursday	Friday
<p>Meals Provide (average per week) 75 grams of Carbs 800 Calories 19 grams Protein (per meal) 30% of Calories from Fat 800 mg Sodium 2% Milk Served / Meal</p>	<p>LC = Lowe Center FSC = Front Street Crossing</p>	<p>1 Hearty Beef Stew Baked Potatoes Lima Beans Wheat Bread Fruit Cocktail</p>	<p>2 Spaghetti w/ Turkey Meatballs Beets Italian Blend Vegetables Breadsticks Pineapple</p>	<p>3 Liver & Onions Mashed Potatoes w/ Gravy Coleslaw Rye Bread Jello w/ Fruit</p>
<p>6 Baked Potato Bar w/ Bacon / Cheese / Onions / Sour Cream Chopped Broccoli Side Salad w/ Italian Dressing Roll Apricots</p>	<p>7 Sweet & Sour Meatballs over Noodles Wax Beans Glazed Carrots Biscuit Peaches</p>	<p>8 Swiss Steak w/ Onions Roasted Potatoes Steamed Spinach & Red Peppers Whole Wheat Roll Baked Cinnamon Apple Slices</p>	<p>9 Fish w/ Herbs Baked Zucchini Beet & Onions Salad Whole Wheat Dinner Roll Mandarin Orange</p>	<p>10 Cranberry Glazed Turkey Mashed Potatoes Spring Mix & Tomato Salad Roll Melon</p>
<p>13 Chicken Enchilada Casserole Chickpea Salad w/ Tomato & Onion Mixed Vegetables Fruit & Yogurt Parfait</p>	<p>14 Quiche w/ Broccoli & Cheese Potatoes O'Brien Roasted Stewed Tomatoes Blueberry Muffin Pineapple</p>	<p>15 Pork Loin w/ Gravy Mashed Sweet Potatoes Green Beans Tomato & Cucumber Salad Biscuit Grapes</p>	<p>16 Beef Stroganoff over Noodles Carrot Salad Side Salad w/ Dressing Roll Pears</p>	<p>17 Ham and Spinach w/ Two-Cheese Pasta Cauliflower Salad Steamed Zucchini Garlic Bread Plums</p>
<p>20 Chinese Beef w/ Peppers Brown Rice Mustard Greens Carrots Coins Roll Mandarin Orange</p>	<p>21 Turkey Pot Pie Potatoes w/ Peppers & Onion Broccoli Salad Roll Pineapple</p>	<p>22 Breaded Baked Fish Mixed Vegetables Baked Tomato Whole Wheat Biscuit Jello w/ Fruit</p>	<p>23 BBQ Chicken Baked Beans Mixed Salad w/ Ranch Dressing Cornbread Melon</p>	<p>24 Bratwurst Potato Salad Roasted Vegetables Bun Birthday Cake Fruit</p>
<p>27 Closed for Memorial Day</p>	<p>28 Salisbury Steak Creamed Corn Sliced Tomato & Cucumbers Banana Bread Vanilla Pudding w/ Bananas</p>	<p>29 Chicken Fajitas w/ Onions Sauteed Peppers Black Beans Tortilla Grapes</p>	<p>30 LC CLOSED / FSC OPEN Hamburger w/ Fixings Macaroni Salad Three Bean Salad Bun Pineapple</p>	<p>31 Fish w/ Tartar Sauce Herbed Rice Broccoli Salad Whole Wheat Bread Mandarin Oranges</p>