

Soup and Salad Bar Wednesdays only at Senior Center


May 2019

Meals are low sodium unless marked with high-sodium icon:



No eligible individual shall be denied participation due to inability to pay

MENU SUBJECT TO CHANGE

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>Senior Center: Mon.-Fri., noon-1pm, 540 Greenley Rd., 533-2622.</p> <p>Jamestown Community Hall: Mon. & Wed., noon-1pm, 18250 Main St., 533-2622.</p> <p>Groveland (The Little House): Thurs., noon-1pm, 11699 Merrell Rd., 962-7303.</p>	<p>SUGGESTED CONTRIBUTION Dine on-site \$4.50 Meals on Wheels \$4.50 <i>Meals are partially funded by Area 12 Agency on Aging</i> ~ Under 60 fee \$6.00</p>	<p>1 Egg bake/bell pepper/mushroom Whole-wheat bread/margarine Seasoned brown rice Spring salad/carrots/tomatoes Corn with parsley Apricots Lowfat (1%) milk</p>	<p>2 Chicken-fried steak Whole-wheat bread/margarine Mashed potatoes/gravy Green salad/carrots/tomatoes Honey-bran muffin Diced pears Lowfat (1%) milk</p>	<p>3 Beef enchilada casserole Whole-wheat bread/margarine Spanish-style brown rice Spinach salad/carrots/tomatoes California-blend vegetables Orange wedges Lowfat (1%) milk</p>
<p>6 Sweet and sour chicken Whole-wheat bread/margarine Brown rice with ginger Seasoned carrots Asian-blend vegetables Fresh apples Lowfat (1%) milk</p>	<p>7 Lasagna Whole-wheat breadstick/margarine Spinach salad/carrots/tomatoes Italian-blend vegetables Banana Lowfat (1%) milk</p>	<p>8 Parmesan chicken/marinara Whole-wheat breadstick/margarine Garlic-butter pasta Green salad/carrots/tomatoes California-blend vegetables Mandarin oranges Lowfat (1%) milk</p>	<p>9 Beef stew/barley rice Whole-wheat bread/margarine Spring salad/carrots/tomatoes Seasoned green beans Tropical Fruit Lowfat (1%) milk</p>	<p>10 Turkey tetrazzini Whole-wheat bread/margarine Spinach salad/carrots/tomatoes Peas and carrots Diced peaches Lowfat (1%) milk</p>
<p>13 Jamestown b.day cupcake Barbecue chicken thighs Whole-wheat bread/margarine Brown rice pilaf California-blend vegetables Green beans Fresh oranges Lowfat (1%) milk</p>	<p>14 Baked fish/lemon Whole-wheat bread/margarine Brown rice with parsley Green salad/carrots/tomatoes Seasoned corn Apricots Lowfat (1%) milk</p>	<p>15 Turkey chili/cornbread Whole-wheat bread/margarine Roasted red potatoes California-blend vegetables Tropical fruit Lowfat (1%) milk</p>	<p>16 Groveland b.day cupcake Oven-fried chicken Macaroni salad Whole-wheat bread/margarine Spring salad/carrots/tomatoes Peas and carrots Diced peaches Lowfat (1%) milk</p>	<p>17 Sonora b.day cupcake Meatloaf Whole-wheat bread/margarine Mashed potatoes/gravy Honey-bran muffin Seasoned carrots Applesauce Lowfat (1%) milk</p>
<p>20 Spaghetti/meat sauce Whole-wheat bread/margarine Italian-blend vegetables Seasoned corn Fresh apples Lowfat (1%) milk</p>	<p>21 Pesto chicken/penne pasta Whole-wheat bread/margarine Green salad/carrots/tomatoes California-blend vegetables Diced peaches Lowfat (1%) milk</p>	<p>22 Turkey-bean burrito Whole-wheat bread/margarine Spanish-style brown rice Spring salad/carrots/tomatoes Seasoned green beans Orange wedges Lowfat (1%) milk</p>	<p>23 Shepherd's pie Whole-wheat bread/margarine Green salad/carrots/tomatoes Italian-blend vegetables Tropical fruit Blueberry muffin Lowfat (1%) milk</p>	<p>24 Szechwan chicken/cashews Whole-wheat bread/margarine Brown rice and ginger Spinach salad/carrots/tomatoes Asian vegetables Pineapple Lowfat (1%) milk</p>
<p>27 SENIOR CENTER CLOSED FOR MEMORIAL DAY </p>	<p>28 Herb-roasted chicken thighs Whole-wheat bread/margarine Garlic-butter pasta Green salad/carrots/tomatoes Italian-blend vegetables Fresh apples Lowfat (1%) milk</p>	<p>29 Chicken enchilada casserole Whole-wheat bread/margarine Spring salad/carrots/tomatoes Pinto beans Apricots Lowfat (1%) milk</p>	<p>30 Sweet and sour pork/brown rice Whole-wheat bread/margarine Green salad/carrots/tomatoes Asian-blend vegetables Mandarin oranges Lowfat (1%) milk</p>	<p>31 Cheeseburger pie Whole-wheat bread/margarine Spinach salad/carrots/tomatoes California-blend vegetables Diced peaches Lowfat (1%) milk</p>

Special thanks to TERZICH & WILSON FUNERAL HOME – MOTHER LODE CREMATORY for providing copies of this menu