



# MAY 2012 Main Meal Menu

Approved by Colleen T. Keller, R.D.



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Monday		Tuesday		Wednesday		Thursday		Friday		
Protein Veg/Fruit Veg/Fruit Grain/Bread Grain/Bread	2 oz. 1/2 cup 1/2 cup 1st serving 2nd serving	1	Herbed Frittata Roasted Potatoes Buttered Peas Mandarin Oranges Dinner Roll & Butter	2	Breaded Fish Fillet Lemon Buttered Broccoli Banana Creamy Mac & Cheese Bread & Butter	3	Navy Bean Soup Seasonal Vegetables Spiced Peaches Corn Bread	4	Beef Noodle Casserole Sauteed Winter Greens Cinnamon Applesauce (Noodles) Bread & Butter	
Protein Veg/Fruit Veg/Fruit Grain/Bread Grain/Bread	Citrus Roasted Pork au Jus Seasoned Lima Beans Cauliflower in Cheese Sauce  Dinner Roll & Butter	7	8	Turkey Loaf with Gravy Buttered Spinach Sweet Potato Pudding  Dinner Roll & Butter	9	Country Steak with County Gravy Pars lied New Potatoes Honey Glazed Carrots  Dinner Roll & Butter	10	Roasted Chicken Stir Fried Cabbage Corn Pudding  Dinner Roll & Butter	11	Tuna Noodle Casserole Buttered Peas & Carrots Spiced Peaches (Noodles)  Bread & Butter
Protein Veg/Fruit Veg/Fruit Grain/Bread	Egg Salad Red Skinned Potato Salad Marinated Cucumber Salad  Dinner Roll & Butter	14	15	Hamburger Steak Braised Onion Gravy Scalloped Potatoes Seasoned Broccoli  Dinner Roll & Butter	16	BBQ Chicken Southern Style Green Beans  Peach Fruited Yogurt  Dinner Roll & Butter	17	Teriyaki Salmon Cakes Steamed Oriental Vegetables  Fried Brown Rice  Bread & Butter	18	Cheeseburger Pie Seasoned Greens Blueberry Cobbler  Dinner Roll & Butter
Protein Veg/Fruit Veg/Fruit Grain/Bread Grain/Bread Grain/Bread Veg/Fruit	Lasagna with Meat Sauce Tuscan Vegetable Medley Fruit Cocktail  Garlic Bread	21	22	Baked Ham Omelet Roasted Broccoli with Cinnamon Baked Apples Grits  Bread & Butter	23	Creamed Chicken & Rice Scalloped Tomatoes Peach Crisp  Corn Bread	24	Country Fried Steak & Milk Gravy  Mashed New Potatoes Seasonal Vegetables  Dinner Roll & Butter	25	Tuna Salad Plate Creamy Tomato Salad Sliced Peaches Southern Macaroni Salad
Protein Veg/Fruit Veg/Fruit Grain/Bread Grain/Bread	<b>MEMORIAL DAY HOLIDAY</b>  <b>No Meals Delivered</b>  Additional shelf-stable meal delivered on Thurs., May 24th	28	29	Oven Fried Chicken  Buttered Spinach Mandarin Oranges Creamy Macaroni & Cheese	30	Hammy Biscuit & Deviled Egg  Dilled Green Bean Salad Fruit Ambrosia  Graham Crackers	31	Baked Fish with Crumb Topping  Steamed Summer Vegetables  Diced Pears  Corn Bread		