

**May 2017  
Hot Meal Details**

Monday	Tuesday	Wednesday	Thursday	Friday
5/1/2017 BBQ Pulled Pork Sandwich Whole Wheat Hamburger Bun Baked Beans Fresh Coleslaw Pineapple Tidbits	5/2/2017 Chicken Chow Mein <i>Egg Drop Soup</i> Fresh Sautéed Vegetables Japanese Blend Vegetables Fresh Apple	5/3/2017 Breaded Pork Cutlets Whole Wheat Roll Green Peas & Carrots Garden Salad w/ Dressing Fresh Orange	5/4/2017 Beef Patty w/ Mushroom Gravy Whole What Bread Mashed Potatoes Carrot & Mandarin Orange Salad Fresh Banana	5/5/2017 Cheese Enchilada Spanish Brown Rice Cooked Pinto Beans Fiesta Slaw Mandarin Oranges
5/8/2017 Vegetarian Chili Cornbread Herbed Carrots Fresh Broccoli & Sunflower Seed Salad Fresh Apple	5/9/2017 Vietnamese Pork Cutlets Vermicelli Noodles Asian Blend Vegetables Fresh Garden Salad Fresh Orange	5/10/2017 Teriyaki Beef Meatballs Brown Rice Oriental Blend Vegetables Fresh Asian Slaw Fresh Banana	5/11/2017 Chicken Alfredo Whole Grain Pasta Broccoli Spears Fresh Romaine Salad Fresh Fruit	5/12/2017 Roasted Salmon w/Dill Whole Wheat Breadstick Roasted Red Potatoes Spinach Salad w/almonds Fresh Orange
5/15/2017 Chicken Barley Casserole Broccoli Spears Spinach Salad w/cranberries Fresh Apple	5/16/2017 Baked Fish w/Lemon & Dill <i>Black Bean Soup</i> Wild Rice California Blend Vegetables Zucchini & Red Onion Salad Fresh Banana	5/17/2017 Pork Chop w/ onion gravy Whole Wheat Roll Fresh Baked Sweet Potato Fresh Tossed Salad Fresh Fruit	5/18/2017 Spaghetti & Meatballs Whole Grain Pasta Italian Blend Vegetables Fresh Caprese Salad Fresh Orange	5/19/2017 Spinach Quiche Fresh Roasted Red Potatoes Fresh Garden Salad Ambrosia w/ Mandarin Oranges & Pineapples
5/22/2017 Sweet & Sour Pork White Rice Oriental Blend Vegetables Fresh Red & Green Bell Peppers in Entrée Fresh Apple	5/23/2017 Roast Beef w/Gravy Whole Grain Bread Mashed Potatoes Broccoli Spears Fresh Fruit	5/24/2017 BBQ Turkey Sandwich <i>Vegetable Soup</i> Whole Wheat Bun Baked Beans Fresh Herbed Carrots Fresh Orange	5/25/2017 Parmesan Chicken Marinara Sauce Pasta Malibu Blend Vegetables Fresh Garden Salad Fresh Banana	5/26/2017 BBQ Chicken Kabobs Pineapple Wild Rice Roasted Corn on the Cobb Fresh Coleslaw Fresh Banana
5/29/2017 <b>CENTER CLOSED</b> 	5/30/2017 Herbed Roasted Pork Tenderloin w/ Gravy Whole Wheat Roll Garlic Green Beans Fresh Kale & Yam Salad  Fruited Geletin	5/31/2017 Vegetarian Lasagna Tomato Soup Fresh Diced Carrots Cauliflower Fresh Apple		

Alternative Meals are higher in sodium.

Week 1: Thai Chicken & Mango Salad, Turkey & Grape Pita, Black Bean & Orzo Salad, Egg Salad Sandwich

Week 2: Turkey & Kale Salad, BBQ Chicken Pita Sandwich, Beet & Citrus Veggie Salad, Mediterranean Veggie Wrap

Week 3: Greek Chicken Salad, Turkey Wrap, Vegetarian Bean Salad, Vegetarian Black Bean Burger

Week 4: Turkey Club, Chicken Salad Sandwich, Cottage Cheese Salad, Vegetarian Pita Sandwich

Week 5: Thai Pork Salad, Roast Beef Sandwich, Lentil Salad, Boca Burger