

MAY

2017

Monday

GCCARD

CONGREGATE MENU

Calendar Month		Calendar Year		First Day of Week					
Monday		Tuesday		Wednesday		Thursday		Friday	
01	Sweet & Sour Pork-Stir Fry Veggies-Broccoli Florets-Brown Rice-Hawaiian Roll-Gala Apple-Margarine-Milk	02	Roasted Chicken-Scallped Potatoes-Baby Carrots-Fresh Orange-Wheat Roll-Margarine-Milk	03	Beef Hoagie w/onions-Lettuce/Tomatoes-Mixed Veggies-Red grapes-Hoagie Bun-Cookie of the Month-Milk 	04	Mediterranean Turkey Burger-Potato Wedges-Key West Veggies-Cantelope Chunks-Multi grain Bun-Ketchup & Mustard-Milk	05	Chicken Lasagna-Tuscan Veggie Blend-Tossed Salad-Rio Citrus Salad-Bread Sticks-Ranch Dressing-Milk
08	Turkey Tertrazzini w/noodles-Sicilian Veggie Blend-Succotach-Mandarin Oranges-Sweet Roll-Margarine-Milk	09	Charbroiled Steak Fingers-Malibu Veggie Blend-Mashed Potatoes-Banana-Wheat Roll-margarine-Milk	10	Pork Burger w/Hickory Sauce-Lettuce/Tomatoes-Sweet Potato Wedges-WG Bun-Fruit Cocktail-Brownie-Milk	11	Jumbo Chicken Wings-Normandy Blend Veggies-Green Beans-Golden Apple-Potato Roll-Margarine-Milk	12	Baked White Fish-Au Gratin Potatoes-Far East Veggie Blend-Potato Roll-Fresh Minneolas-Margarine-Tartar Sauce-Milk
15	Chicken Philly Steak-Redskin chunky Potato Salad-Normandy Veggie Blend-Diced Fruit Salad-Sub Bun-Milk	16	Meatloaf w/gravy-Midori Veggie Blend-Mashed Potatoes-Sliced Peaches-Wheat Roll-Margarine-Milk	17	Honey Roasted Turkey-Caribbean Veggie Blend-Sliced Parsley Potatoes-Diced Melon Fruit-Sliced Bread-Margarine-Milk	18	Pulled Pork Sandwich-Baked Potato-Riviera Blend Veggies-Kaiser Roll-Birthday Cake-Sour Cream-Margarine-Milk 	19	Country Style Chicken-Prince Edward Veggie Blend-Steamed Cauliflower-Pineapple Chunks-Sweet Dinner Roll-Milk
22	Sloppy Joe-Potato Salad-Veggie Blend-Sliced Pears-Wheat Bun-Milk	23	Mesquite Grilled Chicken-Rosemary Potatoes-Steamed Spinach-Jello w/fruit-Sliced Wheat Bread-margarine-Milk	24	Pork Chop w/gravy-Diced Sweet Potatoe-Sweet Peas-Fruit Turnover-Corn Bread-Margarine-Milk	25	Ravioli w/Beef Sauce-Italian Blend Veggies-Roasted Veggies-Sliced Peaches-Potato Roll-Margarine-Milk	26	Baked Macaroni and Cheese-Succotash Blend-Steamed Broccoli-Slices Pears-Corn Muffin-Margarine-Milk
29	Closed-Holiday <i>Memorial Day</i> 	30	Chicken Cordon Bleu-French Green Beans-Sliced Carrots-Green Grapes-Potato Roll-Margarine-Milk	31	Bourbon Pan Roasted Chicken-California Veggie Blend-Corn & Black Bean Fiesta-Tropical Fruit Salad-Dinner Roll-margarine-Milk	01		02	

Notes

Menu subject to change. All Milk is 1% or Low-Fat. This institution is an equal opportunity provider.