


Resources, Inc. Provides Nutritionally Balanced Meals for Seniors

MAY, 2024 MENU

Monday	Tuesday	Wednesday	Thursday	Friday
Meat - at least 3 oz Casserole - 6 oz Veg/Fruit - 1/2 c Juice - 6 oz Condiments as needed		1 BBQ Chicken Potato Salad Green Beans Blushing Pear Wheat Roll/Margarine 2% Milk	2 Philly CheeseSteak Sandwich Sweet Potato Tots Cucumber Tomato Salad Angel Food Cake with Strawberries 2% Milk	3 Mango Chicken Rice Pilaf Stir Fried Vegetables Tropical Fruit Mix Egg Roll 2% Milk
6 Sliced Smoked Sausage Green Pepper/Onions Potato Wedges Pineapple Tidbits Cornbread/Margarine 2% Milk	7 Spaghetti with Meat Sauce Tuscan Blend Vegetables Fruit of Choice Bread Stick/Margarine 2 % Milk	8 Chicken Salad Pasta Salad Tossed Vegetable Salad Tropical Fruit Hawaiian Roll/Margarine 2 % Milk	9 Pork Carnita Fiesta Rice Fajita Blend Vegetables Fresh Orange Flour Tortilla 2 % Milk	10 Oven Baked Fish Macaroni & Cheese Coleslaw Peaches Hush Puppies 2% Milk
13 Chili Dog Baked Beans Broccoli Apple Slices Hot Dog Bun/Condiments 2% Milk	14 CLOSED	15 Pork BBQ Boiled Potatoes Steamed Cabbage Fruit of Choice Cornbread/Margarine 2 % Milk	16 Chicken Cordon Bleu Rice Pilaf Baby Carrots Pears Wheat Roll/Margarine 2 % Milk	17 Lasagna Green Beans Fruit Mix Cookie Garlic Bread 2 % Milk
20 Creamy Mushroom Chicken over Noodles Vegetable of Choice Peaches w/ Whipped Top Hawaiin Roll/Margarine 2% Milk	21 Salisbury Steak Mashed Potatoes/Gravy Beets Pineapple Tidbits Wheat Roll/Margarine 2% Milk	22 Turkey Cheese Sandwich Pasta Salad Tomato/Cucumber Salad Fruit of Choice Strawberry Angel Food Cake 2% Milk	23 Italian Breaded Chicken Pasta with Red Sauce Tuscan Blend Vegetables Tropical Fruit Mix Breadstick 2% Milk	24 Cheeseburger on Bun Potato Salad 3 Bean Salad Fruit Juice Nutri Grain Bar 2% Milk
27 CLOSED FOR MEMORIAL DAY 	28 Baked Chicken Rice California Veg. Blend Berries with Topping Wheat Roll/Margarine 2% Milk	29 Pepperoni Pizza String Cheese Tossed Chopped Salad/Dsg Mixed Fruit Cup Cookie 2% Mlk	30 Stuffed Peppers Corn Seasonal Fruit Biscuit/Margarine 2% Milk	31 Pork Chop/Gravy Northern Beans Collard Greens Pineapple Tidbits Roll/Margarine 2% Milk

WHAT'S FOR Lunch

Join us Monday-Friday for lunch!
No cost for participants 60+.
\$5 guest lunches available
for our visitors under 60.

Monetary contributions are always appreciated if you are able to give!

Must register with our Nutrition Coordinator prior to first meal. See reception desk for more information.