

**Mizell Senior Center's**  
**Café 480 ~ May 2017**  
**Open Daily ~ 11:00am to 12:15pm**



<b>Monday</b>	<b>Tuesday</b>	<b>Wednesday</b>	<b>Thursday</b>	<b>Friday</b>
1 Chili Dog Coleslaw Corn Peppers & Onions Dessert	2 Baked Ziti with Mini Meatballs Broccoli Dessert	3 Baked Chicken Breast Rice Pilaf Corn & Peppers Dessert	4 Baked Cod Egg Noodles Mixed Vegetables Dessert	5  Chicken Enchilada Casserole Zucchini & Aztec Rice Dessert
8 Teriyaki Chicken Stir-fry Vegetables Chow Mein Noodles Hawaiian Roll Dessert	9 Pork Roast Mashed Potatoes Carrots Wheat Roll Dessert	10 Baked Chicken Breast Cauliflower Blend Garden Rice Dinner Roll Dessert	11 Salisbury Steak Mashed Potatoes Mixed Vegetables Wheat Roll Dessert	12 BBQ Chicken Rice Pilaf Carrots Dinner Roll Dessert
15 Chicken Alfredo Egg Noodles Broccoli Wheat Roll Dessert	16 Hamburger Lettuce & Tomato Coleslaw, Tater Tots Baked Beans Dessert	17 Spaghetti with Meat Sauce Garlic Bread Green Beans Dessert	18 Spanish Chicken Zucchini & Tomatoes with Cheese Aztec Rice Dessert	19 Tuna Noodles Casserole with Vegetables Broccoli Wheat Roll Dessert
22 Cheese Ravioli with Alfredo Sauce Winter Blend Veggies Garlic Bread Dessert	23 Oven Fried Chicken Mashed Potatoes Country Gravy Collard Greens Wheat Roll Dessert	24 Zucchini Ricotta Frittata Cut Corn Wheat Roll Dessert	25 Beef Tamales Mild Red Chili Sauce Carrot Black Beans & Rice Dessert	26 Chicken Caesar Salad Tomato Wedge Hard-Boiled Egg Wheat Roll Dessert
29 	30 Beef Enchiladas Black Beans Zucchini Rice Dessert	31 Roast Turkey Corn Bread Dressing Pan Gravy Green Beans Wheat Roll Dessert	June 1 Meatloaf Dinner Scalloped Potatoes Winter Blend Vegetables Wheat Roll Dessert	2 Baked Cod Brown Rice Pilaf Cauliflower Carrots Wheat Roll Dessert

**Menu is subject to change without notice**

**Dessert = Fruit Cup or Pastry**

**760-323-5689**

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**[www.mizell.org](http://www.mizell.org)**