



Mizell Senior Center May 2017 Menu



Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
1 Chili Dog Coleslaw, Corn with Peppers and Onions Fruit Cocktail, Milk	2 Baked Ziti with Mini Meat balls Broccoli Banana, Milk	3 Baked Chicken Breast Rice Pilaf Corn and Peppers Apple, Milk	4 Baked Cod Egg Noodles Mixed Vegetables Orange, Milk,	5 <i>Cinco De Mayo</i> Chicken Enchilada Casserole, Aztec Rice Zucchini & Applesauce, Milk, Yogurt	6 Golden Cuisine Turkey Dinner Cookie, Milk	7 Golden Cuisine Salisbury Steak Chocolate Milk, Juice
8 Teriyaki Chicken Stir-Fry Vegetables Chow Mein Noodles Hawaiian Roll Orange, Milk	9 Pork Roast Mashed Potatoes Carrots Wheat Roll Apple Sauce, Milk	10 Baked Chicken Breast Cauliflower Blend Garden Rice Dinner Roll Banana, Milk	11 Salisbury Steak Mashed Potatoes Mixed Vegetables Wheat Roll Diced Peaches, Milk	12 BBQ Chicken Rice Pilaf Carrots Roll, Yogurt, Juice & Milk	13 Golden Cuisine Chicken & Broccoli Cookie, Milk	14 Golden Cuisine Spaghetti and Meatballs Chocolate Milk
15 Chicken Alfredo Egg Noodles Broccoli Wheat Roll Grapes, Milk	16  Hamburger Lettuce & Tomato Coleslaw, Tater Tots Baked Beans Banana, Milk	17 Spaghetti with Meat Sauce Garlic Bread Green Beans Mandarin cup, Milk	18 Spanish Chicken Zucchini & Tomatoes with cheese Aztec Rice Apple Sauce, Milk	19 Tuna Noodles Casserole with vegetables Broccoli, Wheat Roll Yogurt, Diced Peaches & Milk	20 Golden Cuisine Chicken Parmesan Cookie, Milk	21 Golden Cuisine Meat Loaf Dinner Chocolate Milk
22 Cheese Ravioli with Alfredo Sauce Winter Blend Veggies Garlic Bread Fruit Cocktail, Milk	23 Oven Fried Chicken Mashed Potatoes Country Gravy Collard Greens Wheat Roll Apple, Milk	24 Zucchini Ricotta Frittata Cut Corn Wheat Roll Diced Peaches, Milk	25 Beef Tamales Mild Red Chili Sauce Carrot Black Beans & Rice Orange, Milk	26 Chicken Caesar Salad Tomato Wedge Hard-Boiled Egg Wheat Roll Yogurt, Juice & Milk	27 Golden Cuisine Mesquite Chicken Cookie, Milk	28 Golden Cuisine Swedish Meatballs Chocolate Milk
29 Closed <i>Memorial Day</i> Golden Cuisine Meal Chicken Parmesan Carrot Cake, Milk	30 Beef Enchiladas Black Beans & Rice Zucchini Orange, Milk	31 Roast Turkey Corn Bread Dressing Pan Gravy, Roll Green Beans Mandarin Cup, Milk	June 1 Meatloaf Dinner Scalloped Potatoes Winter Blend Vegetables Wheat Roll Diced Peaches, Milk	June 2 Baked Cod Brown Rice Pilaf Cauliflower & carrots Wheat Roll Yogurt, Apple, Milk	June 3 Golden Cuisine Pasta Tortellini Dinner Cookie, Milk	June 4 Golden Cuisine Beef Spaghetti with Meatball Dinner Chocolate Milk



= High Sodium Day

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