




# Mizell Senior Center's May 2018

Monday	Tuesday	Wednesday	Thursday	Friday
 = High Sodium Meal	1 Baked Ziti with Mini Meat balls Broccoli Banana, Milk	2 Baked Chicken Breast Rice Pilaf Corn and Peppers Apple, Milk	3 Baked Cod Egg Noodles Mixed Vegetables Orange, Milk,	4 <i>Cinco De Mayo</i> Chicken Enchilada Casserole, Aztec Rice Zucchini Milk
7 Teriyaki Chicken Stir-Fry Vegetables Chow Mein Noodles Hawaiian Roll Orange, Milk	8 Pork Roast Mashed Potatoes Carrots Wheat Roll Apple Sauce, Milk	9 Baked Chicken Breast Cauliflower Blend Garden Rice Dinner Roll Banana, Milk	10 Salisbury Steak Mashed Potatoes Mixed Vegetables Wheat Roll Diced Peaches, Milk	11 BBQ Chicken Rice Pilaf Carrots Roll Milk
14 Chicken Alfredo Egg Noodles Broccoli Wheat Roll Grapes, Milk	15  Hamburger Lettuce & Tomato Coleslaw, Tater Tots Baked Beans Banana, Milk	16 Spaghetti with Meatballs Marinara Sauce Garlic Bread Green Beans Mandarin cup, Milk	17 Spanish Chicken Zucchini & Tomatoes with cheese Aztec Rice Apple Sauce, Milk	18 Tuna Salad Sandwich on Wheat Bread, Lettuce & Tomato, Baked Chips Milk
21 Cheese Ravioli with Alfredo Sauce Winter Blend Veggies Garlic Bread Fruit Cocktail, Milk	22 Oven Fried Chicken Mashed Potatoes Country Gravy Collard Greens Wheat Roll, Apple, Milk	23 Shepherd's Pie, Ground Beef, Cut Corn Wheat Roll Diced Peaches, Milk	24 Pork Carnitas Mild Green Chili Sauce Carrot Black Beans & Rice Orange, Milk	25 Chicken Caesar Salad Tomato Wedge Hard-Boiled Egg Wheat Roll Milk
28 	29 Beef Enchiladas Black Beans & Rice Zucchini Orange, Milk	30 Roast Turkey Corn Bread Dressing Pan Gravy, Roll Green Beans Mandarin Cup, Milk	31 Meatloaf Dinner Scalloped Potatoes Winter Blend Vegetables Wheat Roll Diced Peaches, Milk	<i>June 1</i> Baked Cod Brown Rice Pilaf Cauliflower & carrots Wheat Roll Milk