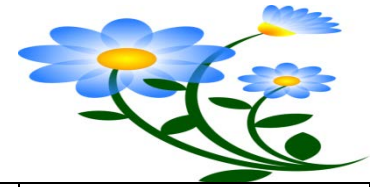






Mizell Senior Center May 2019



Monday	Tuesday	Wednesday	Thursday	Friday
		1 Baked Ziti with Meatballs Broccoli Garlic Bread	2 Chicken Enchilada Green Sauce Green Beans Aztec Rice	3 Baked Cod Rice Pilaf Carrots Wheat Roll
6 Teriyaki Chicken Garlic Rice Asian Pear Slaw Hawaiian Roll	7 Open Face Chili Cheese Dogs Tater Tots Cole Slaw	8 Roasted Chicken Parmesan Risotto Cauliflower Blend Wheat Roll	9 Salisbury Steak Mashed Potatoes Mixed Vegetables Fruit	10 Vegetable Lasagna Italian Veggies Garlic Cheese Bread Sticks
13 Blackened Chicken Alfredo Farfalle Pasta Broccoli Wheat Roll	14 Roasted Pork Roast Pan Gravy Garlic Mash Potato Dinner Roll	15 Spaghetti with Meat Ball, Green Beans Garlic Bread	16 Chicken Enchilada Verde Sauce Roasted Veg Aztec Rice	17 Turkey Sandwich on Wheat Bread Lettuce, Tomato Broccoli Salad
20 Cheese Tortellini Vodka Sauce Winter Vegetables Garlic Bread	21 Oven Fried Chicken Gravy Mashed Potatoes Collard Greens, Roll	22 Sheppard's Pie Potato Beef Gravy Mixed Vegetables Wheat Roll	23 Chicken Salad Sandwich Marinated Tomato Wheat Roll	24 BBQ Chicken Red Sauce Carrots Black Beans, Rice
27 CLOSURE 	28 Sweet and Sour Chicken Jasmine Rice Broccoli Roll	29 Baked Cod Garden Rice Carrots Wheat Roll	30 Chicken Dumplings Parsley Potatoes, Vegetable Blend Wheat Roll	31 Meat Loaf Mashed Potatoes Corn Corn Muffin