









Mizell Center

May 2022 Menu



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
2 Shepherd's Pie Caribbean Vegetables Wheat Roll Juice, Yogurt, Milk	3 Chicken Salad Sandwich Lettuce & Tomato Beet & Garbanzo Salad Baked Chips Orange, Milk	4 Swedish Meatballs on Egg Noodles Winter Blend Vegetables Wheat Roll Fruit Cocktail, Milk	5 Roasted Chicken Breast on Farfalle Pasta Broccoli Wheat Roll Banana, Milk	6 Roast Pork Loin w/ LS  Gravy, Country Potatoes Capri Vegetables Corn Bread Mandarin Oranges, Milk
9 Chicken Caesar Salad  LS Caesar Dressing Wheat Roll Juice, Yogurt, Milk	10 Beef Lasagna Italian Vegetables Garlic Bread Orange, Milk	11 Chicken Alfredo w/Farfalle Pasta SF Blend Vegetables Wheat Roll Applesauce, Milk	12 Chili Beans Cauliflower Mix Corn Bread Diced Peaches, Milk	13 BBQ Chicken Rice Pilaf Carrots Dinner Roll Mandarin Oranges, Milk
16 Baked Glazed Ham  Mashed Potatoes Green Beans Wheat Roll Juice, Yogurt, Milk	17 Tuna Salad Sandwich Lettuce & Tomato Edamame Baked Chips Orange, Milk	18 Baked Cod Jasmine Rice CA Blend Vegetables Hawaiian Roll Fruit Cocktail, Milk	19 Beef Stew Cauliflower Mix Wheat Roll Tropical Fruit Cake, Milk	20 Chicken Florentine Rice Pilaf Key Largo Vegetables Wheat Roll Pineapple Tidbits, Milk
23 Oven Fried Chicken  Potatoes w/Bell Pepper Peas & Carrots Wheat Roll Juice, Yogurt, Milk	24 Egg Salad Sandwich Lettuce & Tomato Beet & Garbanzo Salad Mandarin Oranges, Milk	25 Vegetable Lasagna Cauliflower Mix Garlic Bread Tropical Fruit, Milk	26 Meat Loaf w/Gravy Redskin Potatoes & Vegetables, Chuckwagon Corn, Wheat Roll Orange, Milk	27 Herb Baked Chicken Rice Pilaf Scandinavian Vegetables Wheat Roll Pineapple Tidbits, Milk
30 	31 Cheese & Herb Ravioli w/Marinara Sauce Cauliflower Mix Garlic Bread Juice, Yogurt, Milk	NOTE FROM NUTRITION DEPARTMENT: *** Menu subject to change, w/o notice *** Especially during these challenging times Product may not be always available. 		



= HIGH SODIUM MEAL / ALTO SODIO