

# MAY 2023

Mon	Tue	Wed	Thu	Fri
1 Krab cake Veg 5 way Rice Tropical fruit Wheat roll	2 Chicken enchilada with shredded lettuce & tomatoes Fruit Refried beans Dessert	3 Ham and pinto beans Collard greens Blushing pears Cornbread Dessert	4 Chicken tenders Mixed vegetables Potato wedges Wheat roll Yogurt with fruit	5 Beef tips with gravy over brown rice Mixed vegetables Fruit Dinner Roll Dessert
8 Baked chicken W/gravy Green beans Fruit Roll Potato salad Dessert	9 Salisbury steak with brown gravy Carrots Pears Rice Dinner roll Dessert	10 Breaded fish on a bun Baby bakers Dixie coleslaw Pineapple cottage cheese gelatin	11 Lasagna Broccoli Tossed salad with dressing Garlic bread Fruit cobbler	12 BBQ pork Greens Fruit Confetti corn Dinner roll Dessert
15 Aloha chicken over rice California blend Tropical fruit Dinner roll Fruited yogurt	16 Beef steak with mush- rooms and onions Collard greens Peaches Baked potato with sour cream Wheat roll	17 Pancakes with lite syrup Turkey sausage or bacon Cheese grits Blushing Pears Mandarin oranges Brownie	18 Shepherd's Pie Baked Apples Tossed Salad with dressing and tomatoes Dessert	19 BBQ chicken Green beans Seasonal fresh fruit Potato salad Roll Dessert
22 Biscuits & Gravy Scrambled Eggs Broccoli Peaches Dessert	23 Hamburger on bun with lettuce tomato, & onion Baked beans Peaches and blueberries Corn Dessert	24 Chicken pot pie with mixed vegetables Harvard beets Wheat roll Dessert	25 Pork stir fry Spring roll Mandarin Oranges Brown Rice Dessert	26 Beef fajitas with pep- pers and onions Lettuce, tomato, cheese Tortilla Spanish rice Orange Slices
CLOSED FOR MEMORIAL DAY	30 Turkey frank on bun Baked beans Coleslaw Fresh Fruit Dessert	31 Spaghetti with meat sauce Tossed salad with dressing Fruit Garlic Knot Parm Pack Dessert		