

**SENIOR
MAY
2017**



**SERVING
SENIORS
IN
BOONE
LEE
OGLE
WINNEBAGO
COUNTIES**

**To make a
reservation
in Rockford

815-963-1609
or
1-800-779-1189**

**RESERVATIONS
&
CANCELLATIONS
CALL BY 10:00 AM
THE DAY BEFORE**



A United Way Agency



***Choice A only sent to
MEALS ON WHEELS
CLIENTS**

**MENU IS SUBJECT
TO CHANGE WITHOUT
NOTICE**

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
1	2	3	4	5
MEATBALL SUB PEAS & CARROTS SEAS. POTATO WEDGES MANDARIN ORANGES	SWEET/SOUR CHICKEN FLUFFY RICE STIR FRY VEGGIES DINNER ROLL APRICOTS	BAKED PORK CHOP BABY RED POTATOES BROCCOLI TOSSED SALAD/DRSG. DINNER ROLL APPLE CRISP	BREAKFAST CASSEROLE W\HAM & SAUSAGE BLUEBERRY MUFFIN HASH BROWN POT. FRUIT JUICE	A.) BRAISED BEEF MASHED POT\GRAVY CORN DICED PEARS WHEAT BREAD -2 B.) TUNA SAL/CHIX RICE
8	9	10	11	12
BBQ RIBLETT WHEAT BUN AUGRATIN POTATOES COIN CARROTS APRICOTS	PEPPER STEAK MASHED POT/GRAVY SCAN. BLEND VEGGIES WHEAT BREAD - 2 CHILLED PINEAPPLE	LEMON PEPPER CHIX WILD RICE BROCCOLI DINNER ROLL APPLESAUCE	A.) CHEESEBURGER WHEAT BUN TATOR TOTS BAKED BEANS JELLO W\ FRUIT B.) HAM/VEGETABLE	CHEF SALAD MIXED GREENS CUKES,EGG,TOM,CH DINNER ROLL \ BUTTER MANDARIN ORANGES FRUITJUICE
15	16	17	18	19
CHICKEN STRIPS SEAS. POTATO WEDGES PEAS DINNER ROLL DICED PEARS BBQ PC	BAKED ZITI W\MEATSAUCE ITALIAN BLEND VEG. GARLIC BREAD HOT APPLESAUCE	A.) SALISBURY STEAK MASHED POT/GRAVY GLAZED CARROTS DINNER ROLL PEACH COBBLER B.) LIVER & ONIONS	TACO BURGER\BUN CHEESE, LETT, TOM RED BEANS & RICE MEXICAN CORN PINEAPPLE TIDBITS	CHEESE OMELETT TURKEY SAUSAGE HASH BROWN POT. BLUEBERRY MUFFIN FRUIT JUICE
22	23	24	25	26
B.B.Q. CHIX BREAST WHEAT BUN CHEESY POTATOES GREEN BEANS PINEAPPLE TIDBITS	A.) CITRUS BAKED HAM SWEET POTATOES CAPRI BLEND VEG. WHEAT BREAD - 2 FRUIT COCKTAIL B.) R. BEEF/CR. MUSH.	BAKED CHICKEN QTR MASHED POT/GRAVY BROCCOLI TOSSED SALAD/DRSG. ROLL \ PUMPKIN BAR	MUSHROOM SWISS BURGER ON BUN BUTTERED RED POT. BAKED BEANS APRICOTS	TROPICAL CHICKEN SALAD ON GREENS CUCUMBER SLICES DRESSING PC\CROISSANT MANDARIN ORANGES PINEAPPLE JUICE
29	30	31		
CLOSED	FISH PATTY WHEAT BUN POTATO PANCAKES CALIF. BLEND VEGGIES APPLESAUCE TARTAR SAUCE	SPAGHETTI W \ MEATSAUCE STEAMED PEAS WH. KERNEL CORN GARLIC BREAD APRICOTS		8 oz. Low Fat Milk served with all lunches.

