

SENIOR

May
2018



SERVING SENIORS
BOONE
LEE
OGLE
WINNEBAGO
COUNTIES

MENU IS SUBJECT
TO CHANGE WITHOUT
NOTICE

To make a
reservation
in Rockford

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

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

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

THERE ARE
NO
SUBSTITUTIONS

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
	1	2	3	4
	CHEF SALAD W\GREENS TURKEY & HAM CUKES, EGGS, TOM, CHEESE DINNER ROLL \ BUTTER MANDARIN ORANGES FRUIT JUICE	SPAGHETTI W \ MEATSAUCE STEAMED PEAS WH. KERNEL CORN GARLIC BREAD APRICOTS	A.) HOT TURKEY SAND. MASHED POT/GRAVY COUNTRY BLEND VEGG. WHEAT BREAD - 2 FRUIT COCKTAIL B.)HAM/CHIX NOODLE	CHEESY BEEF TACO FLOUR TORTILLA LETTUCE\TOMATO SPANISH RICE \ BEANS FRESH FRUIT
7	8	9	10	11
CHICKEN PARMESAN PASTA W/ MARINARA SICILIAN BLEND VEG DINNER ROLL DICED PEARS	SAUSAGE GRAVY W \ BISCUIT HASH BROWN POTATO FRUIT JUICE BAKED PEACHES	POLISH SAUSAGE SOUR KRAUT POTATO WEDGES BAKED BEANS CHILLED APPLESAUCE HOT DOG BUN	A.) TROPICAL CHIX SALAD CUCUMBER SLICES CROISSANT MANDARIN ORANGES PINEAPPLE JUICE B.) TURKEY/VEGETABLE	PEPPER STEAK MASHED POT/GRAVY LIMA BEANS WHEAT BREAD - 2 APRICOTS
14	15	16	17	18
HAMBURGER PATTY WHEAT BUN MAC & CHEESE CALIF. BLEND VEGGIES DICED PEARS	BBQ CHIX BREAST CHEESY POTATOES SEAS. GREEN BEANS DINNER ROLL JELLO W\FRUIT	BAKED PORK CHOP BABY RED POTATOES BROCCOLI TOSSED SALAD/DRSG. DINNER ROLL APPLE CRISP	CHEESE RAVIOLI W/ MEATSAUCE BRUSSEL SPROUTS CAULIFLOWER GARLIC BREAD APRICOTS	A) SOUTHWESTERN SALAD BLK. BEANS, CORN,CHEESE CHICKEN, TOMATO, ONION DINNER ROLL\BUTTER PINEAPPLE TIDBITS B.) CHIX SAL./TOMATO
21	22	23	24	25
CREAMY CHICKEN W/ PASTA BROCCOLI BAKED APPLES WHEAT BREAD - 1	MEATLOAF MASHED POT/GRAVY GLAZED CARROTS DINNER ROLL \ BUTTER APRICOTS	ITAL. CHIX SALAD W\GREENS CARROTS, EGGS, CUKES TOMATOES, CHEESE DINNER ROLL \ BUTTER FRUIT JUICE	ITALIAN SAUSAGE W\PEPPERS ON BUN RED POTATO WEDGES ITALIAN BLEND VEGGIES DICED PEACHES	A.) CRISPY FISH SAND. WHEAT BUN POTATO PANCAKES PEAS PINEAPPLE TIDBITS B.) TURKEY/MINESTRONE
28	29	30	31	
Closed	SWEET/SOUR CHICKEN FLUFFY RICE STIR FRY VEGGIES DINNER ROLL APRICOTS	SALISBURY STEAK CHEESY POTATOES GREEN BEANS DINNER ROLL SLICED PEACHES	A) CHEESE OMELETT TURKEY SAUSAGE HASH BROWN POT. BLUEBERRY MUFFIN FRUIT JUICE B.) TUNA SAL/CHIX RICE	8 oz. Low Fat Milk served with all lunches.