




AGING & DISABILITY RESOURCE CENTER

May 2021

Monday	Tuesday	Wednesday	Thursday	Friday
Sloppy Joe Potato Wedges Coleslaw Tropical Fruit Sun Chips	Sausage & Cheese Egg Bake Hash Browns Banana Muffin Warm Spiced Peaches Orange Juice	Chicken Fajitas Flour Tortillas Cilantro Lime Rice Black Bean & Corn Salad Pineapple & Mandarin Oranges	Turkey & Cheese Sub Potato Salad Applesauce Granola Bar	Tuna Noodle Casserole Garlic Breadstick Seasoned Carrots House Salad Mixed Fruit Chocolate Chip Cookies
Shepherd's Pie Whole Grain Dinner Roll Mashed Potatoes Green Beans House Salad Peach Fluff	BBQ Peach Pork Roast Whole Wheat Bread Mashed Sweet Potatoes Irish Vegetable Blend Banana Poke Cake	Broccoli Chicken Divan Whole Wheat Dinner Roll Carrots House Salad w/ Spinach Cinnamon Apples	Meatballs w/ Marinara Sauce Garlic Breadstick Penne Pasta Mixed Vegetables Tomato, Cucumber, Basil Salad Old-Fashioned Bread Pudding	Honey-Lemon BBQ Chicken Whole Wheat Bread Baked Beans Corn Fruited Gelatin
Hearty Lasagna Whole Grain Dinner Roll Italian Vegetable Blend House Salad w/ Spinach Cinnamon Apples NutriGrain Bar	Herb Baked Chicken Breast Dinner Roll BBQ Black Beans Mexi-Corn Mandarin Oranges Vanilla Pudding	Mushroom Swiss Burger Potato Wedges Stewed Tomatoes Mixed Fruit Devil's Food Cake	Beef Pot Roast w/ Gravy Whole Grain Dinner Roll Mashed Potatoes Carrots Pears	Breaded Cod Sandwich Baby Red Potatoes Irish Vegetable Blend Creamy Coleslaw Gelatin w/ Topping
Meatballs w/ Gravy Dinner Roll Egg Noodles Carrots & Green Beans Pickled Beets Orange	Vegetable Soup Tuna Salad Sandwich Potato Salad Tropical Fruit Rice Crispy Bar	Brown Sugar Glazed Ham Whole Wheat Bread Parslied Potatoes Irish Blend Vegetables Applesauce White Cake w/ Strawberries	Beef Tacos Flour Tortillas Pinto Beans Mexi-Corn Chocolate Pudding	Herb Chicken w/ Gravy Biscuit Wild Rice Orange Spiced Carrots House Salad Pears Fig Newton Cookies
				<p>Suggested Donation: \$4/meal.</p> <p>Please pay as much as you can afford. We rely on donations to keep the program going.</p>

All Meals are Served with 1% Milk | Due to circumstances beyond our control, menu changes may occur from time to time. | Grounded Cafe does not serve alternate entrée the 1st Fri of each month.

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