



May 2023 Menu



Cold Milk served with each meal

Monday	Tuesday	Wednesday	Thursday	Friday
1 Baked Potato w/ Ham Shredded Cheese Broccoli Sour Cream Crackers Pudding	2 Frito Chili Pie w/ Chili, Corn Chips & Cheese Fiesta Corn Fresh Apple Sour Cream Cookie	3 Spaghetti w/ Meat Sauce Glazed Carrots Cauliflower Cottage Cheese & Pineapple	4 Greek Chicken w/ Brown Rice Greek Salad Hummus Pita Bread Fruit	5 BBQ Pulled Pork on a Bun Mixed Vegetables Potato Salad Fruit Crisp
8 Cheese Burger Lettuce, Tomato, Onion & Cheese Baked Beans Mustard / Mayo Fruit	9 Baked Potato w/ Ham Shredded Cheese Broccoli Sour Cream Crackers Cookie	10 Chicken Salad Sandwich Potato Salad Marinated Meats Gelatin w/ Fruit	11 Loaded Potato Soup Glazed Carrots Corn Rice Fruit Crisp	12 Beef Stew Roasted Cauliflower Fruit Bread Pudding
15 Polish Sausage On a Bun Sauerkraut Baked Beans Fruit	16 Fajita Chicken Burrito Fiesta Corn Roasted Red Potatoes Gelatin w/ Fruit	17 Chef Salad w/Egg w/ Egg Ham & Cheese Tomato Wedges Crackers Ranch Salad Dressing Fruit	18 Pinto Beans w/ Ham Carrots Peas Cornbread Cookie	19 Chicken Fried Chicken Mashed Potatoes Gravy Green Beans Bread Fruit
22 Soft Tacos Refried Beans Shredded Lettuce & Carrots Cheese & Sour Cream Fruit	23 Chicken & Noodles Citrus Glazed Carrots Green Beans Pudding	24 Ham & Cheese Sandwich Vegetable Soup Lettuce & Tomato Gelatin w/ Fruit	25 Sausage, Egg Casserole w/ Cheese, and Hashbrowns, and Sausage Patty Warm Spiced Apples Biscuit & Gravy Muffin	26 Coney Dog w/ Chili & Onions Cheese Roasted Red Potatoes Baked Beans Fruit
29 Closed 	30 Taco Salad Seasoned Ground Beef / Ranch Beans Cheese Salad includes Carrots Tomato Wedges Tortilla Chips Pudding	Reminder Nutrition Council/Menu Review Mtg 5/9/2023 at 2:00pm at the Case Community Center, Sand Springs	Reservations Reserve a meal before 12:00pm to ensure your next day lunch reservation. Lunch is served at 11:30am at all locations.	Donations Our suggested donation is \$2.00 a meal. All donations are greatly appreciated and go toward food cost.

This program is funded by: Older American Act Grant from the INCOG Area Agency on Aging, and Participant Donations.

Managed By:

