


PENDER ADULT SERVICES MENU - MAY 2017

Monday	Tuesday	Wednesday	Thursday	Friday
1 Spaghetti with Meat Sauce Tossed Salad/Dressing Fruit Cocktail Garlic Knot 2% Milk	2 BBQ Rib on Bun Macaroni & Cheese Mixed Greens Strawberries 2% Milk	3 Baked Cod Rice Pilaf Squash/Onions Mandarin Oranges Corn Muffin/Margarine 2% Milk	4 Roast Turkey Mashed Potatoes/Gravy Baby Carrots Peaches White/Wheat Roll/Margarine 2% Milk	5 Southwest Salad with Grilled Chicken/Dressing Corn Chips Banana Roll/Margarine 2% Milk
8 Pork Chop Baked Sweet Potato California Mix Vegetables Pineapple Tidbits White/Wheat Roll/Margarine 2% Milk	9 Mango Glazed Chicken Buttered Noodles Steamed Cabbage Mixed Berries Biscuit/Margarine 2% Milk	10 Smoked Sausage Pinto Beans Steamed Spinach Tropical Fruit Mix Cornbread/Margarine 2% Milk	11 Hamburger Sweet Potato Tots Coleslaw Fruit Cobbler Bun (for hamburger) 2% Milk	12 Chicken Salad on Croissant Tomato Cucumber Salad Orange/Cookie Crackers
15 Beef Teriyaki Fried Rice Stir Fried Vegetables Mandarin Oranges Egg Rolls 2% Milk	16 Baked Ham Mashed Potatoes Baby Lima Beans Peaches WW Bread Slice/Margarine 2% Milk	17 Popcorn Shrimp Cheese Grits Vegetable Blend Pears Hushuppies/Margarine 2% Milk	18 Chicken Tenders Steak Fries Green Peas Banana Biscuit/Margarine 2% Milk	19 Roast Beef Sandwich Tossed Salad/Dressing Potato Salad Apple Slices Bun (for sandwich) 2% Milk
22 Salmon Croquette Macaroni & Cheese Steamed Cabbage Tropical Fruit Mix Hushuppies/Margarine 2% Milk	23 Oven Fried Chicken Potatoes Au Gratin California Mixed Vegetables Strawberries/Pound Cake Biscuit/Margarine 2% Milk	24 Cubed Pork Steak Onions/Mushrooms Rice Cauliflower Tots Pineapple Tidbits White/Wheat Roll/Margarine 2% Milk	25 Stuffed Pepper Corn Mixed Fruit Vanilla Pudding White/Wheat Roll/Margarine 2% Milk	26 PBJ Sandwich V-8 Juice Pasta Salad Fruit Salad Soft Granola Bar 2% Milk
29 CLOSED 	30 Chili Dog Potato Salad/Baked Beans? Coleslaw Melon Cookie 2% Milk	31 Meatballs/Gravy Noodles Broccoli Mandarin Oranges White/Wheat Roll/Margarine 2% Milk		Approved by: <i>Kathleen Sextonia, RD, LDN</i>