

MAY 2023


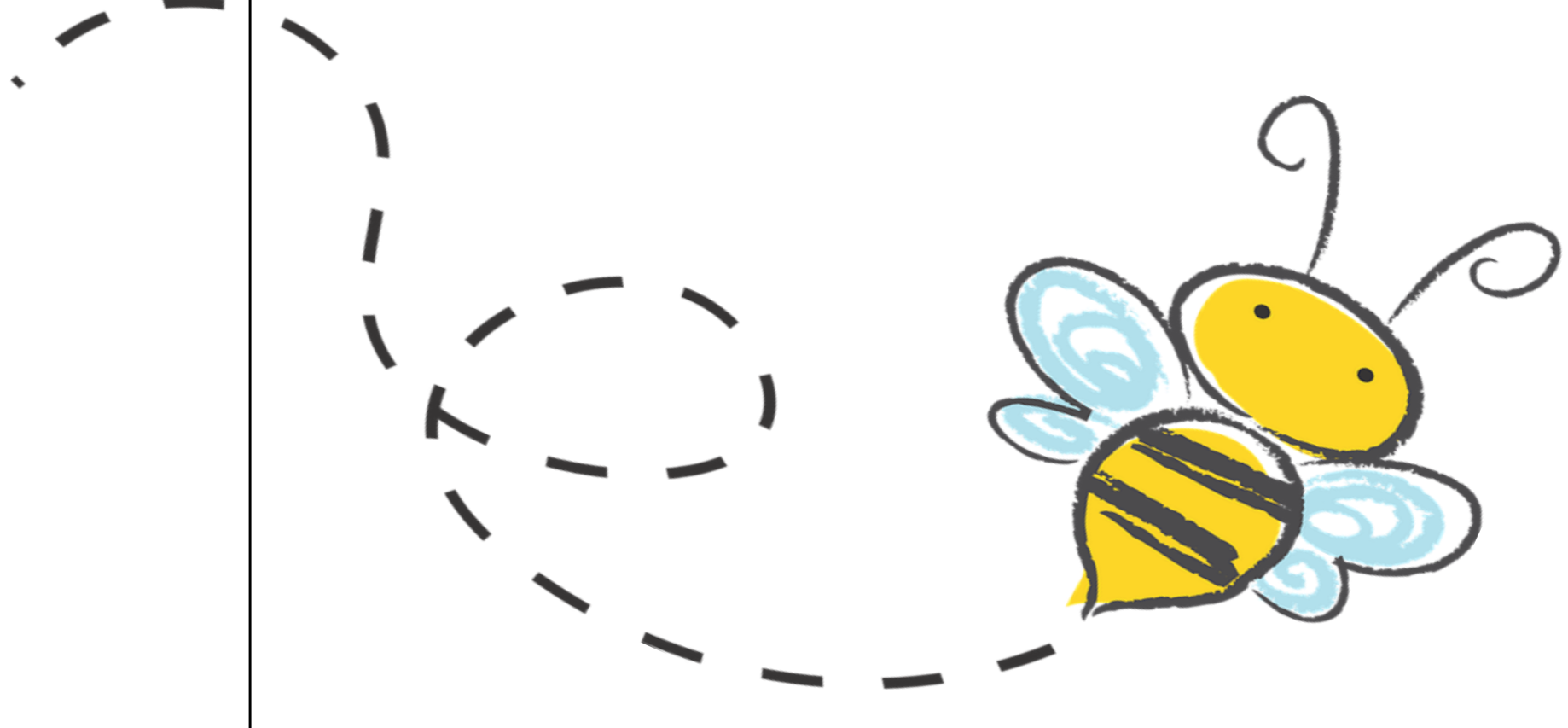

VALLEY SENIOR SERVICES: RANSOM SARGENT REGIONAL MEALS ON WHEELS & TAKE OUT MEALS AT CENTERS

Suggested donation \$4.00 a meal for people 60+ and spouse of 60+

UNDER 60 IS A CHARGE OF \$9.00 PER MEAL AND 60+ TAKE OUT MEALS (NOT HOME DELIVERED) IS A CHARGE OF \$5.00

SNAP vouchers accepted by calling the Lisbon Office

ALL MEALS INCLUDE 8 oz 1% MILK

| MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY |
|---|--|---|---|---|
| 1 | 2 | 3 | 4 | 5 |
| ? Chicken Veronique Smashed Potatoes Key West Blend Vegetables Mandarin Oranges Whole Wheat Dinner Roll | Spaghetti W/Meatsauce Whole Wheat Noodles Steamed Cauliflower Tropical Fruit Garlic Breadstick | Pulled Pork Sandwich Whole Wheat Bun Pasta Salad Steamed Baby Carrots Pears Chocolate Chip Cookie | Chicken Wild Rice Hotdish Green Beans Fresh Fruit Whole Wheat Dinner Roll | Beef Taco Meat Two 6" Tortillas Best Black Beans Lettuce, Cheese & Picante Rhubarb Crisp |
| 8 | 9 | 10 | 11 | 12 |
| Herb Crusted Fish w/Tartar Sauce Baked Sweet Potato Creamed Peas Peaches Whole Wheat Dinner Roll | Bronze Pork Loin Cheesy Whipped Potatoes Beets Fresh Fruit Whole Wheat Bread | Beef Stroganoff Egg Noodles Brussels Sprouts Pineapple Tidbits Cook's Choice Cookie | Roast Turkey Mashed Potatoes & Gravy Broccoli Salad Apricots Monster Bar Whole Wheat Dinner Roll | Buttermilk Chicken Baby Baker Potatoes Cherry Tomatoes & Cukes w/Ranch Fruit Whole Wheat Bread |
| 15 | 16 | 17 | 18 | 19 |
| Smothered Pork Chop Mashed Potato Chateau Blend Vegetables Fruit Cocktail Whole Wheat Bread | Meatloaf Baked Potato Corn Applesauce Whole Wheat Bread | Lemon Pepper Fish w/Tartar Sauce Vegetable Rice Pilaf Coleslaw Mangos Frosted Chocolate Cake | Hamburger Hotdish Crinkle Cut Carrots Fresh Fruit Lemon Bar Whole Wheat Dinner Roll | Garden Chicken Breast Parmesan Garlic Whipped Potatoes Lettuce Salad w/Ranch Fruit Corn Muffin |
| 22 | 23 | 24 | 25 | 26 |
| Fish Sandwich w/Tartar Sauce on a Whole Wheat Bun Rosemary Roasted Potatoes Peas & Carrots Pears | Egg Bake Sausage Links California Blend Vegetables Fresh Fruit Croissant | Beef Cabbage Casserole Creamy Cucumbers Orange Jell-O w/Mandarin Oranges &/Whipped Topping Whole Wheat Dinner Roll | Chicken Alfredo over Noodles Steamed Broccoli Fresh Fruit Garlic Breadstick | Hamburger w/Onions & Mushrooms on a Whole Wheat Bun Potato Salad Baked Beans Angel Food Cake with Berries & Whipped Topping |
| 29 | 30 | 31 | | |
| CLOSED  | Ham Sweet Potato Monte Carlo Blend Vegetables Fruit Cocktail Whole Wheat Dinner Roll | Cook's Choice |  |  |