

MAY 2024

COGSWELL & FORMAN MEALS ON WHEELS & MEALS

Suggested donation \$4.00 a meal for people 60+ and spouse of 60+
 UNDER 60 IS A CHARGE OF \$9.00 PER MEAL
 SNAP vouchers accepted by calling the Lisbon Office

ALL MEALS INCLUDE 8 oz 1% MILK
MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

			1	2
		Taco Casserole Spanish Rice Refried Beans Corn Rosy Applesauce		Chili House Salad Cornbread WW Crackers Fresh Fruit
6	7	8	9	10
Honey Chicken Glazed Sweet Potatoes Beets Pear Dessert Bake Bread	Herb & Mustard Crusted Pork Loin Potatoes & Onions Brussels Sprouts w/Bacon Blueberries Bread x2	Roast Turkey / Gravy Mashed Potatoes Parslied Carrots Blushing Pineapple Bread x2		Sloppy Joe on a Bun Baked Beans Oven Baked Fries Tropical Fruit
13	14	15	16	17
Salmon Loaf Roasted Red Potatoes Mixed Veg. Berry Crisp WW Bread	Porcupine Meatballs Mashed Potatoes Prince Edward Veggies Heavenly Hash Bread x2	Parmesan Chicken Mashed Pasta Marinara Sauce Italian Blend Veg. Spiced Peaches Garlic Bread		Cheeseburger Pie Seasoned Green Peas House Salad Peaches in Orange Sauce Bread
20	21	22	23	24
Beef Steak & Gravy Mashed potatoes Green beans /thyme Mandarin Oranges Bread x2	Stuffed Shells/Sauce House Salad Italian Blend Veggies Grapes Breadstick	BBQ Pork Ribs Baked Sweet Potato Mixed Veggies Apple Brown Betty Bread x2		Tangy Meatloaf Parslied Potatoes Country Blend Veggies Fruit Cocktail Bread x2
27	28	29	30	31
CLOSED	Pork Chop Mushroom Sauce Seasoned Egg Noodles Lemon Asparagus Marinated Cucumbers Kiwi Bread	Grilled Chicken on Bun French Fries Lettuce Tomato Onion Peas & Carrots Fresh Fruit Salad		Grandmas Hotdish Steamed Broccoli WG Garlic Breadstick Watermelon & Cantaloupe