

MAY 2024

MILNOR MEALS ON WHEELS & MEALS AT CENTER

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 Baked Potato Fresh Plums Corn Muffin
				Tuna Salad on Wheat Cabbage/Apple Slaw Potato Salad Orange
6	7	8	9	10
	Herb & Mustard Crusted Pork Loin Potatoes & Onions Brussels Sprouts w/Bacon Mixed Berries 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	Honey Chicken Glazed Sweet Potatoes Beets Pear Dessert Bake Bread
13	14	15	16	17
	Meatballs Mashed Potatoes Prince Edward Veggies Heavenly Hash Bread x2	Caprese Chicken Carrot Pineapple Salad Sicilian Blend Veggies Watermelon Bread x2	Herb Roasted Salmon Rosemary Potatoes Broccoli Apricots Bread x2	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	BBQ Pork Ribs Baked Sweet Potato Mixed Veggies Apple Brown Betty Bread x2	Meatloaf Parslied Potatoes Country Blend Veggies Fruit Cocktail Bread x2	Southwest Chicken Cesar Salad Peach Crisp Breadstick
27	28	29	30	31
	Pork Chop Mushroom Sauce Seasoned Egg Noodles Lemon Asparagus Marinated Cucumbers Fresh Fruit Bread	Denver Scramble O'Brian Potatoes Prince Edward Veg Blend Fresh Strawberries WG Bagel Jelly Cream Cheese	Parmesan Baked Cod Sweet Potato Hash Summer Slaw Garlic Toast Cantaloupe	Grilled Chicken on Bun French Fries Lettuce Tomato Onion Peas & Carrots Fresh Fruit Salad