

MAY 2024

RUTLAND 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
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 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
13	14	15	16	17
Herb Roasted Salmon Rosemary Potatoes Broccoli Apricots Bread x2	Meatballs Mashed Potatoes Prince Edward Veggies Heavenly Hash Bread x2	Caprese Chicken Carrot Pineapple Salad Sicilian Blend Veggies Watermelon Bread x2		Sweet and Sour Chicken White & Wild Rice Blend Japanese Stir Fry Marinated Vegetable Salad Strawberries 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 Birthday cake Breadstick	BBQ Pork Ribs Baked Sweet Potato Mixed Veggies Apple Brown Betty Bread x2		Meatloaf Parslied Potatoes Country Blend Veggies Fruit Cocktail Bread x2
27	29	30	31	
CLOSED	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