

**Donation: \$1.00**

Lunch is served at 1:00 pm at the South Middle School on West Silver Street.  
Please call the Senior Center at 562-6435 by 10:30am to reserve your spot.

A carton of Low Fat Milk and or Tea and Coffee is included with every meal.



**Monday May 6**  
Shepherd's Pie made with  
Beef, Corn and Whipped Potatoes  
Steamed Green Beans  
WG Dinner Roll  
Chilled Applesauce  
Carton of Low Fat Milk  
Dried Cranberries

**Monday May 13**  
Sliced Turkey Sandwich  
on WW bread  
Bag of Cape Cod Potato Chips  
California Veggie Blend  
Strawberry Cup  
Carton of Low Fat Milk  
Dried Cranberries

**Monday May 20**  
Beef Stroganoff  
Over Egg Noodles  
Italian Blend Vegetables  
Diced Strawberry Cup  
Carton of Low Fat Milk  
Dried Cranberries

**Monday May 27**

**MEMORIAL DAY  
NO SCHOOL**

**Tuesday May 7**  
Rosemary Roasted Chicken Quarter  
Oven Roasted Potatoes  
Creamed Corn  
WG Dinner Roll  
Chilled Mixed Fruit  
Carton of Low Fat Milk

**Tuesday May 14**  
Salisbury Steak  
w/ Gravy  
Roasted Red Potatoes  
Green Beans  
WG Dinner Roll  
Carton of Low Fat Milk  
Chilled Pears

**Tuesday May 21**  
Chicken Breast & Gravy  
Over Stuffing  
Corn  
WG Roll  
Fresh Orange  
Carton of Low Fat Milk

**Tuesday May 28**  
Hot Dog (low Sodium)  
on WW bun  
Steamed Broccoli  
Carton of Low Fat Milk  
Chilled Peaches

**Wednesday May 1**  
Macaroni & Cheese  
California Blend Veggies  
Slice of WW Bread  
Fresh Fruit  
Carton of Low Fat Milk

**Wednesday May 8**  
Meatloaf  
Rice Pilaf  
Carrots  
WG Dinner Roll  
Strawberry Cups  
Carton of Low Fat Milk

**Wednesday May 15**  
Chicken Caesar Salad  
Grilled Chicken, Croutons, Mixed Greens  
LF Caesar Dressing  
Slice of WW bread  
Chilled Mixed Fruit  
Carton of Low Fat Milk

**Wednesday May 22**  
Egg and Cheese Wrap  
Sausage  
Hashbrowns  
Homemade Mixed Berry Bread  
Fresh Fruit  
Carton of Low Fat Milk

**Wednesday May 29**  
Chef Salad w. LF dressing  
Sliced Turkey, Cheese, Croutons  
hard boiled egg, mixed greens  
Slice WW bread  
Fresh Fruit  
Carton of Low Fat Milk

**Thursday May 2**  
Roasted Turkey  
With Gravy  
Whipped Potatoes  
Steamed Peas  
Apple Crisp  
Carton of Low Fat Milk  
Snack Loaf

**Thursday May 9**  
Chicken Alfredo over Pasta  
Italian Blend Vegetables  
WG Dinner Roll  
Warm Apple Slices  
Carton of Low Fat Milk

**Thursday May 16**  
Roasted Turkey  
With Gravy  
Whipped Potatoes  
Steamed Peas  
Berry Crisp  
Carton of Low Fat Milk  
Snack Loaf

**Thursday May 23**  
Cold Cut Grinder  
On WW Roll  
Coleslaw  
Carrots  
Fresh Fruit  
Carton of Low Fat Milk

**Thursday May 30**  
Beef Burger (low sodium)  
On WW bun  
Cheese, Lettuce, Tomatoes, Pickles  
Baked Potato Wedges  
Chilled Pears  
Carton of Low Fat Milk

**Friday May 3**

**HALF DAY OF SCHOOL  
NO MEAL SERVICE**

**Friday May 10**  
Potato Pollock Fillet  
Whipped Potatoes  
Steamed Broccoli  
Homemade Banana Bread  
Chocolate Pudding with Topping  
Carton of Low Fat Milk  
Soup Of The Day

**Friday May 17**  
Breaded Baked Pollock  
Whipped Potatoes  
Steamed Broccoli  
WG Dinner Roll  
Chocolate Pudding with Topping  
Carton of Low Fat Milk  
Soup Of The Day

**Friday May 24**  
Lemon Pollock Loin (unbreaded)  
Whipped Potatoes  
Glazed Carrots  
WG Dinner Roll  
Vanilla Pudding with Topping  
Carton of Low Fat Milk  
Soup Of The Day

**Friday May 31**  
Grilled Chicken  
Tossed Salad  
WG Dinner Roll  
Vanilla Pudding w/ topping  
Carton of Low Fat Milk  
Soup Of The Day