

# Elderly Nutrition Program May 2023

Monday	Tuesday	Wednesday	Thursday	Friday
1 Tuna Salad On Croissant Cucumber & Onion Salad Pineapple & Cottage Cheese	2 Soft Taco Mexican Corn Salad Chips & Salsa Watermelon	3 Pork Steak Potatoes & Gravy Green Beans Bread Cake	4 Chicken Biscuit Gravy Breakfast Potatoes Muffin Orange Juice	5 Ham & Cheese Sandwich Macaroni Salad Pickle Spear Pie
8 Chopped Beef on Bun Chips Pickle Spear  Cookie	9 Chicken Fried Steak Mashed Potatoes Cream Gravy Fried Squash Roll Pie	10 Rib Cole Slaw Baked Beans Bread Ambrosia	11 <b>Mother's Day Dinner</b> Roast Beef Potatoes Asparagus/Carrots Roll Dessert	12 Turkey Bacon Wrap Pea Salad  Cake
15 Kraut & Weenies Mac & Cheese  Cobbler & Ice Cream	16 Mexican Casserole Mexican Rice Corn Sherbet Cup	17 Chef Salad   Cake	18 Brisket Potato Salad Baked Beans  Tropical Fruit	19   <b>Cook's Choice</b>
22 Chicken Salad Croissant Chips  Cake	23 Taco Salad   Fresh Fruit	24 <b>Older American's Month Event 8 am - 2 pm</b>  <b>Nichols Park Henryetta, OK</b>	25 Spaghetti w/Meat Sauce Salad Bar  Garlic Bread  Strawberry Short Cake	26 Beans & Ham Fried Potatoes  Cornbread Pie
29 	30 Chicken Chunks Mashed Potatoes Gravy Broccoli Salad Cake w/Icing	31 Pork & Hominy  Biscuit  Jell-O w/Fruit		