

Apple of My Heart Nutrition - Community Action Senior Home Delivery Menu May 2013

Monday		Wednesday		Friday
		<b>May 1, 2013</b>		<b>May 3, 2013</b>
<i>Hot Meal</i>	<i>Cold Meal</i>	<i>Hot Meal</i>	<i>Cold Meal</i>	
Suggested Donation: \$3.00 However, no one requesting a meal will be denied meal services.		Ham Salad on Whole Wheat Chips Garbanzo Bean Salad Fruit Cocktail	Meatloaf Scallop Potatoes Italian Vegetables Peach Crisp	Turkey Pasta Salad Whole Grain Crackers Marinated Cucumbers & Onions Pickled Beets Sliced Apricots
		<b>May 6, 2013</b>		<b>May 8, 2013</b>
<i>Hot Meal</i>	<i>Cold Meal</i>	<i>Hot Meal</i>	<i>Cold Meal</i>	<b>May 10, 2013</b>
Sausage, Egg & Cheese Biscuit Hash-Browns V-8 Juice Grape Fruit Sections	Lasagna Italian Style Green Beans Lettuce Salad Garlic Bread Grape Salad	Taco Salad Refried Beans Corn Chips Mixed Fruit	BBQ Ribbette Creamed Corn Scallop Potatoes Corn Muffin Sliced Pineapple	Oven Fried Chicken Mashed Potatoes & Gravy Green Beans Angel Cake w/ Berries
		<b>May 13, 2013</b>		<b>May 15, 2013</b>
<i>Hot Meal</i>	<i>Cold Meal</i>	<i>Hot Meal</i>	<i>Cold Meal</i>	<b>May 17, 2013</b>
Chef Salad (Meat, Egg, Tom & Cheese) Marinated Green Beans Pears in Jell-O	Tuna Casserole w/ Peas & Carrots Steamed Broccoli Sliced Peaches	Baked Cod Wild Rice Creamed Spinach Cucumber Salad Tropical Fruit	Beef Tips & Gravy Brown Rice Mixed Veggies Mandarin Oranges	Pepperoni French Bread Pizza Steamed Veggies 3 Bean Medley Banana
		<b>May 20, 2013</b>		<b>May 22, 2013</b>
<i>Hot Meal</i>	<i>Cold Meal</i>	<i>Hot Meal</i>	<i>Cold Meal</i>	<b>May 24, 2013</b>
Oven Baked Pork Chop Cheesy Potatoes Glazed Carrots Baked Cinnamon Apples	Creamy Potato & Bacon Soup Sliced Turkey on Whole Wheat w/ Lettuce & Tomato Sliced Pears Brownie	Ravioli w/ Meat Sauce Italian Veggies Garlic Bread Caesar Salad	Pineapple & Cherries Over Cottage Cheese Vegetable Salad Whole Grain Muffin	Jumbo Beef Hot Dog w/ Diced Onion & Relish Mustard Potato Salad Baked Beans Creamy Fruit Salad
		<b>May 27, 2013</b>		<b>May 29, 2013</b>
<i>Hot Meal</i>	<i>Cold Meal - Friday May 24</i>	<i>Hot Meal</i>	<i>Cold Meal</i>	<b>May 31, 2013</b>
<b>Memorial Day!</b> <b>Agency Closed.</b> <b>Two meals will be served</b> <b>Friday May 24, 2013</b> <b>due to Holiday.</b>	Mexican Chicken w/ Rice & Salsa Corn & Black Bean Salad Banana Fresh Baked Cookie	BLT on Whole Wheat Oven Potatoes Bean Salad Fresh Fruit	Chicken & Dumplings w/ Peas & Carrots Lima Beans Rosy Applesauce	Chicken, Broccoli, Rice & Cheese Casserole Steamed Veggies Mixed Fruit

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