

MAY 2010 MENU

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
3 Beef Tips w/ Bordelaise Sauce Whipped Potatoes Carrots Multigrain Bread Peaches	4 Tomato Cabbage Soup /Crackers Chicken Patty Sweet Potatoes Hamburger Bun Snack n' Loaf Diet: Blueberry Graham HDM: Italian Green Beans	5 Chicken Cordon Bleu w/ Supreme Sauce Rice Pilaf Broccoli Dinner Roll Lemon Pudding/Topping Diet: SF Lemon Pudding	6 Macaroni and Cheese Stewed Tomatoes Rye Bread Pineapple HDM: Peas	7 Meatballs Tomato Sauce Ziti Green Beans Whole Wheat Bread Mandarin Oranges
10 Roasted Chicken BBQ Sauce Mashed Potatoes Broccoli 7-Grain Bread Orange-Cranberry Muffin Diet: Lemon Graham Cookie	11 Sloppy Joes Carrots Spanish Rice Hamburger Bun Chocolate Pudding Diet: Choc. Mint Pudding	12 Three C Soup / Crackers Crunchy Potato Fish Diced Parslied Potatoes Multi Grain Bread HDM: Spinach Peaches	13 Roast Pork Gravy Sweet Potatoes Italian Green Beans White Bread Applesauce	14 Shepherds Pie Mashed Potato Chuckwagon Corn Whole Wheat Bread Pears
17 Crm of Vegetable Soup Crackers 3.5 oz Sliced Ham Mustard Rice & Pea Salad 2 Slices Whole Wheat Bread Fresh Fruit HDM: Broccoli Cauliflower Salad	18 Cheese Lasagna/Tomato Sauce Spinach Italian Bread Pears HDM: Carrots	19 Chicken w/ Teriyaki Sauce Brown Rice Broccoli Whole Wheat Bread Snack 'n Loaf Diet: Apple Cinnamon Graham	20 Salisbury Steak w/ Jardinière Gravy Mashed Potatoes Green Beans 7 Grain Bread Rice Pudding Diet: SF Pistachio Pudding	21 Chicken Patty/Gravy Au Gratin Potatoes Brussels Sprouts White Bread Peaches
24 Ground Beef Stroganoff Noodles Green Beans 7 Grain Bread Fresh Orange	25 Roast Chicken w/ Apricot Glaze Mashed Potatoes Broccoli Whole Wheat Bread Butterscotch Pudding Diet: SF Butterscotch Pudding	26 Swedish Meatballs w/Mushroom Gravy Noodles Beets MultiGrain Bread Pineapple	27 Hot Dog** Mustard Baked Beans Carrots Hot Dog Bun Vit C Applesauce	28 Tomato Florentine Soup/ Crackers Roast Turkey w/ Gravy Steamed Red Bliss Potatoes Whole Wheat Bread Peach Crisp
31 MEMORIAL DAY				Littleton Senior Diner is open 9:00 a.m. to 1:00 p.m. Monday - Friday. Call: Gayle Dalton for Reservations Senior Diner 978-540-2474