

May 2023 Harvey Title III Older Americans Act Food Program.

For those over 60 years of age the full cost to provide a senior meal is \$10.63. *PLEASE CONTRIBUTE WHAT YOU CAN.* For those under 60 years of age \$7.32 is required per meal.

| Sun | Mon | Tue | Wed | Thu | Fri | Sat |
|---------------------------|---|--|---|--|--|--|
| | 1 Beef Stew Green Peas Diced Pears Bread 2 Slices | 2 Salisbury Steak w/ Mushroom Sauce Mashed Potatoes Lemon Parsley Carrots Fruit Cocktail Bread 2 Slices | 3 Sweet & Sour Pork Fried Rice Broccoli Diced Pineapple Bread 1 Slice | 4 Pork Roast Roasted Potatoes Roasted Brussel Sprouts Diced Peaches Bread 2 slices | 5 BBQ Chicken Baked Potato Steamed Broccoli Mandarin Oranges Bread 2 Slices | 6 |
| 7 | 8 Fish Sandwich on WW Bun Au gratin Potatoes 5 Way Vegetable Cinnamon Applesauce | 9 Hamburger on WW Bun Lettuce, Tomato, Onion Mashed Sweet Potatoes Corn Diced Pineapple | 10 Grilled Chicken Breast Potato Salad Green Beans Diced Pears Bread 2 Slices | 11 Taco Salad w/Salsa Fruit Cocktail Tortilla Chips | 12 Polish Sausage Baked Potato Broccoli Fruit Salad Bread 2 Slices | 13 |
| 14 | 15 Sloppy Joe on WW Bun Peas & Carrots Tator Tots Blushing Pears | 16 Pork Chop Baked Potato Green Beans Diced Pineapple Bread 2 Slices | 17 Chicken & Noodles Steamed Peas Applesauce Bread 1 Slice | 18 Stuffed Green Peppers Mashed Potatoes Broccoli Melon Cup Bread 1 Slices | 19 Country Ham Scalloped Potatoes Stewed Tomatoes Diced Peaches Bread 2 Slices | 20 |
| 21 | 22 Cabbage Rolls Mashed Potatoes Green Beans Diced Pears Bread 1 Slice | 23 Tuna Noodle Casserole Mixed Vegetables Fruit Cocktail Bread 1 Slice | 24 Roast Turkey w/Gravy Mashed Potatoes Steamed Carrots Diced Pineapple Bread 2 Slices | 25 Stuffed Shells in Sauce Zucchini Tossed Salad Mandarin Oranges Bread 1 Slice | 26 Beef Stroganoff w/Noodles Tossed Salad Broccoli Banana Bread 1 Slice | 27 |
| 28 | 29 CLOSED MEMORIAL DAY | 30 Hamburger on WW Bun Sweet Potatoes Steamed Peas Fruit Cocktail | 31 Pork Chop Baked Potato Baked Beans Cinnamon Apples Bread 2 Slices | IT MAY BE NECESSARY TO MAKE SUBSTITUTIONS DUE TO LIMITED AVAILABILITY OF SOME MENU INGREDIENTS OR MAIN ENTREES!!! | | |
| Food that requires | Meal is meant to be eaten at Meal Site. refrigeration not allowed to leave the meal site!!!! | | | Required Serving Portion → | Meat/Protein: 2-3 oz Vegetable: 1/2 cup (2) Fruit: 1/2 cup (1) Fat: 1 tsp | Whole Wheat Bread (1-2) 1% Milk 8 oz Coffee |