

May 2024

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
		1 3 OZ BEEF TIPS W/ GRAVY 4 OZ MASHED POTATOES 4 OZ BROCCOLI 4 OZ VANILLA PUDDING 4 OZ FRUIT JUICE	2 Chicken Parmesan Caprese Salad Garlic Bread	3 6 OZ MEXICAN LASAGNA 4 OZ MIXED VEGETABLES 4 OZ RICE PUDDING 4 OZ FRUIT JUICE
6 3 OZ CHICKEN 2 OZ ORANGE SAUCE 4 OZ WILD RICE 4 OZ ORIENTAL BLEND VEG 4 OZ PINEAPPLE	7 Tomato Soup Grilled Cheese Sandwich	8 3 OZ BREADED CHICKEN 2 OZ FLORENTINE SAUCE 4 OZ RICE PILAF 4 OZ SCANDINAVIAN VEG 4 OZ PEARS	9 Stuffed Scallops W/ Linguini Garlic Bread	10 TUNA SANDWICH 3 OZ TUNA SALAD W/ LETTUCE 1 CROISSANT 4 OZ TOMATO CUCUMBER SALAD 1 OZ POTATO CHIPS 1 ORANGE
13 3 OZ SWISS STEAK 2 OZ COUNTRY GRAVY 4 OZ MASHED POTATOES 4 OZ CAPRI BLEND VEG 4 OZ FRUIT COCKTAIL	14 Stuffed Peppers W/ Brown sugar Glazed Carrots	15 8 OZ CHEESE LASAGNA 4 OZ BROCCOLI 1 GARLIC KNOT 4 OZ MANDARIN ORANGES	16 B.L.T. Sandwich	17 3 OZ BAKED CHICKEN 2 OZ GRAVY 4 OZ ROASTED RED POTATOES 4 OZ CAPRI BLEND VEG 4 OZ FRUIT COCKTAIL
20 3 OZ BREADED TILAPIA 4 OZ SWEET POTATOES 4 OZ SPINACH 4 OZ TROPICAL FRUIT	21 Meatball Grinder Salad	22 3 OZ PORK ROAST 2 OZ GRAVY 4 OZ SWEET POTATO 4 OZ BRUSSELS SPROUTS 4 OZ APPLE SAUCE 1 OATMEAL RAISIN COOKIE	23 Beef Taco's W/ all the Fixings	24 3 OZ HERB BAKED CHICKEN 4 OZ BROWN RICE 4 OZ CAPRI BLEND VEG 4 OZ FRUITED JELLO
27 MEMORIAL DAY CLOSED	28 Hot Dog W/ bun Beans	29 BIRTHDAY LUNCHEON Chicken Caesar Salad 3 OZ BAKED CHICKEN BREAST 8 OZ SHREDDED LETTUCE 1 OZ SHREDDED CHEESE 2 OZ GRAPE TOMATOES 2 OZ SALAD DRESSING 1 CORN MUFFIN 4 OZ FRUIT JUICE 1 SLICE BIRTHDAY CAKE	30 Mac & Cheese W/ Steamed Broccoli	31 Fish & Chips 3 OZ BATTERED FISH 4 OZ FRENCH FRIES 4 OZ COLE SLAW 4 OZ BAKED BEANS 1 BANANA

(Menu subject to change without notice)

**Meals are served Monday – Friday @12:00pm to persons 60 years of age or older.
Meal reservations need to be made 24hrs. in advance by calling:
East Haddam Senior Center @ (860)873-5034**

\$4.00 donation is required.

