




chef for hire

home
delivered
meals

Monday	Tuesday	Wednesday	Thursday	Friday
<p>1</p> <p>Teriyaki Chicken 3oz & Noodles 1 cup Stir Fry Vegetables 1 cup Mandarin orange 4oz Milk 8oz</p> 	<p>2</p> <p>Sloppy Joe 3oz Roasted Sweet Potatoes ½ cup Brussels Sprouts w/Onions ½ cup Hamburger Bun 1 each Pineapple ½ cup Milk 8oz</p>	<p>3</p> <p>Ginger BBQ Chicken 3oz Whipped Sweet Potatoes ½ cup Collard Greens ½ cup Wheat Bread 2 slices Diced Pears 4 oz Milk 8oz</p>	<p>4</p> <p>Smoked Sausage 3oz w/Peppers & Onions 2oz Peas ½ cup Roasted Potatoes ½ cup Wheat Bread 2 slices Strawberry Applesauce 4oz Milk 8oz</p>	<p>5</p> <p>Chicken Parmesan 3oz Key West Blend ½ cup Roasted Redskin Potatoes ½ cup Wheat Bread 1 slice Applesauce 4oz Milk</p>
<p>8</p> <p>Oven Fried Chicken Thigh 3oz Whipped Sweet Potatoes ½ cup Chopped Collard Greens ½ cup Orange Juice 4oz Milk 8oz</p>	<p>9</p> <p>Spaghetti 1 cup w/Tomato Sauce Parmesan Meatballs 2oz Italian Green Beans ½ cup California Blend ½ cup Diced Peaches ½ cup Milk 8oz</p>	<p>10</p> <p>Smothered Chicken Breast 4oz Rice Pilaf ½ cup Key West Vegetables ½ cup Wheat Bread 2 slice Diced Pears ½ cup Milk 8oz</p>	<p>11</p> <p>Potato Pollock 3oz Chopped Collard ½ cup Greens Peas & Corn ½ cup Wheat Bread 1 each Tropical Fruit 4oz Milk 8oz</p>	<p>12</p> <p>Sliced Turkey 3oz w/gravy 2oz Sweet Potatoes ½ cup Broccoli ½ cup Dinner Roll 2 each Diced Pears 4oz Milk 8oz</p>
<p>15</p> <p>Grilled Hamburger 3oz Mac & Cheese ½ cup Festive Green Beans ½ cup Diced Pears ½ cup Wheat Bun 1 each Milk 8oz</p>	<p>16</p> <p>Pollock Amandine 3oz Spinach ½ cup Scalloped Potatoes ½ cup Diced Peaches 4 oz Wheat Bread 1 slice Milk</p>	<p>17</p> <p>Cheesy Smothered 3oz Chopped Steak Rice Pilaf ½ cup Italian Green Beans ½ cup Wheat Bread 1 slice Mandarin Oranges ½ cup Milk</p>	<p>18</p> <p>Country Ham & Beans 1 cup Diced Carrots ½ cup Diced Beets ½ cup Corn Bread 1 each Mixed Fruit ½ cup Milk 8 oz</p>	<p>19</p> <p>Pot Roast 3oz w/Gravy Broccoli ½ cup Mashed Potatoes ½ cup Wheat bread 2 slices Applesauce 4oz Milk 8oz</p>
<p>22</p> <p>Chicken & Noodles 1 cup Rosemary Potatoes ½ cup Broccoli ½ cup Wheat Roll 1 each Birthday Treat 1 each Milk 8oz</p>	<p>23</p> <p>Breakfast Bagel 1 each w/ Sausage 1oz Egg 1oz & Cheese 1oz Roasted Sweet ½ cup Potatoes Applesauce 4oz Milk 8oz</p>	<p>24</p> <p>Cheese Lasagna 3oz w/ Vegetable Marinara ½ cup Diced Carrots ½ cup Lima Beans ½ cup Wheat Roll 1 each Pineapple 4oz Milk 8oz</p>	<p>25</p> <p>Beef Stew 1 cup(2oz) Corn ½ cup Turnip greens ½ cup Diced Peaches ½ cup Wheat Bread 2 slice Milk 8oz</p>	<p>26</p> <p>Herb Marinated Chicken 3oz Baked Potato 1 each Spinach ½ cup Mixed Fruit ½ cup Wheat Bread 2 slice Milk 8oz</p>
<p>29- Happy Memorial Day!</p> <p><i>Meal Site Closed</i></p>	<p>30</p> <p>Vegetarian Chili 1 cup California Blend Vegetables ½ cup Roasted Sweet Potatoes ½ cup Cornbread 2 each Tropical Fruit 4oz Milk</p>	<p>31</p> <p>Pot Roast 3oz w/Gravy Mashed Potatoes ½ cup Broccoli Cuts ½ cup Applesauce ½ cup Wheat Bread 2 slice Milk 8oz</p>	 <p>OLDER AMERICANS MONTH AGING UNBOUND: MAY 2023</p>	 <p>Cultural Meal Day</p>

*Menus are subject to change based on product availability.