



May 2022 Menu

Meals will still be available as take-out (\$7 suggested donation, add \$2 for salad).

Please note: menu is subject to change based on product availability. 907-567-3988 Please call in advance to order a meal.

Our nutrition program provides 1/3 of the recommended daily nutrition for Seniors and has been approved by a registered dietitian.

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<i>Birthdays</i> 1	2	3	<i>Bingo @ 1:15</i> 4	5	6	<i>Information</i> 7
Fred Bramer 5/1 Richard Hawkins 5/3 Fred Eggert 5/4 Kathy Wallace 5/4 Roy Huhndorf 5/5 Geri Smith 5/5	Lil' Cheddar Meatloaf Potatoes Gravy Vegetables	Asian Chicken Thighs Eggrolls Rice Vegetable	Baked Ham Scalloped Potatoes Green Beans	Swiss Steak Parsley Noodles Vegetables	Croissant, Cashew Chicken Salad Fruit Medley	<i>Soup served daily with pick up meals</i>
Cathy Andrew 5/6 8	9	10	<i>Bingo @ 1:15</i> 11	12	13	14
Brandon MacGregor 5/14	Glazed Pork Tenderloin Red Potatoes Vegetables Gravy	Flour Tortillas Beef Fajitas Refried Beans Rice Chips & Salsa	Crispy Chicken Cubed Potatoes Vegetables Country Gravy	Spaghetti with Meat Sauce Vegetables Garlic Bread	Baked Halibut Rice Casserole Vegetables Tartar Sauce	
15	16	17	<i>Bingo @ 1:15</i> 18	<i>Board Meeting</i> 19	20	21
Annie Maxwell 5/15 John Clark 5/16	Salisbury Steaks Potatoes Gravy Vegetables	Monterey Chicken Breasts Rice Vegetables	Beef Stroganoff Parsley Noodles Broccoli Salad Rolls	Turkey Thursday	BBQ Pork Sandwich Macaroni Salad Baked Beans Coleslaw	<i>Suggested Donation \$8.00 Members \$12.00 Guests To-Go Soup \$1.00 per cup</i>
22	23	24	<i>Bingo @ 1:15</i> 25	26	27	28
Carol Chapman 5/22 John Nofziger 2/26 Terri Quinlan 5/27 Susan Welsh-Smith 5/28	Hawaiian Chicken Rice Vegetables	Roast Beef Mashed Potatoes Gravy Vegetables	Cheese Manicotti Vegetables Garlic Bread	Liver & Onions Hash Brown Casserole Vegetables	Baked Halibut Ancient Grains & Vegetables Tartar Sauce	
29	30	31				
Pam Ehlers 5/29	Center Closed for Memorial Day	Crispy Pork Cutlets Pasta Toss Vegetables			 THANK YOU !	<i>Salad Bar and Soup Served Daily with congregate meals **</i>