

Congregate Senior Nutrition Program

May 2025 – Menu

29 – Monday	30 – Tuesday	31 - Wednesday	1 – Thursday Ham & Beans Corn Bread Broccoli Tossed Salad w/ Reg Ranch Diced Pineapple Bread	2 – Friday Tilapia OR Grilled Chicken Breast over White Rice Butternut Squash Garlic Green Beans Peaches SF Chocolate Pudding
5 - Monday Salisbury Steak w/mushroom gravy Potatoes w/gravy Beets, Bread Mixed Fruit SF Vanilla Pudding CELEBRATE B DAYS	6 – Tuesday Baked Chicken Seasoned Cauliflower Cooked Spinach w/ Vinegar Pk Mandarin Oranges SF Chocolate Pudding	7 - Wednesday Meatloaf w/.5oz gravy Potatoes w/.5 oz gravy Butternut Squash Baked Apples Lorna Doones Bread	8 – Thursday Shredded Pork w/homemade BBQ Baked Beans Broccoli, Cole Slaw Pineapple Bun	9 - Friday Beef Pot Roast w/gravy Potatoes w/gravy California Blend Apricots Vanilla Wafer Bread
12 – Monday Mexican Chicken and Rice Capri Vegetables Corn Mandarin Oranges 2 Slices of Bread	13 – Tuesday Shredded Chicken w/ Bun Roasted Sweet Potatoes Seasoned Peas & Carrots Apricots & Applesauce	14 – Wednesday Lemon Thyme Chicken over Rice Pilaf Sliced Carrots Broccoli Tossed Salad w/Italian SF Red Jello Bread	15 - Thursday Swiss Chicken Casserole Lima Beans Cauliflower Peaches Vanilla Pudding	16 - Friday Honey Sriracha Pork Garlic Green Beans over White Rice Oriental Blend Vegetable Diced Pears Angel Food Cake
19 – Monday Goulash Green Beans Peaches Pears Breadstick	20 – Tuesday Beef Stew Seasoned Corn Potatoes w/gravy Baked Apples SF Jello Lg. Biscuit Guest Speaker @ WD – Father Chris Comerford, St. James/Patrick Priest	21 - Wednesday Shredded BBQ Chicken Peas Butternut Squash Cole Slaw Applesauce SF Chocolate Pudding Bun Guest Speaker @ OX – Father Chris Comerford, St. James/Patrick Priest	22 - Thursday Honey Dijon Pork Roasted Sweet Potatoes Italian Vegetable Blend Bread Peaches Guest Speaker @ SC – Father Chris Comerford, St. James/Patrick Priest	23 – Friday Tuna Noodle Casserole OR Turkey Patty w/gravy over White Rice Seasoned Broccoli Seasoned Cauliflower Mixed Fruit Graham Crackers Bread
26 – Monday CLOSED HAPPY MEMORIAL DAY	27 – Tuesday Swiss Chicken Casserole Peas & Carrots Red Beets Pears Bread Vanilla Pudding	28 – Wednesday Pork Loin w/ Gravy Roasted Sweet Potatoes Spinach w/ Vinegar Packet Kidney Bean Salad Pineapple Lorna Doones	29 – Thursday Veggie Frittata w/ Cheese Potatoes O'Brien Sausage Apricots Applesauce Bread w/ Jelly	30 – Friday Meatloaf w/.5oz gravy Potatoes w/.5 oz gravy Seasoned Wax Beans Mixed Fruit Mandarin Oranges Bread

AQF desserts are diabetic-friendly treats for every palate. Our mixes are sugar free or no sugar added, trans fat free, low cholesterol, low sodium and a good source of fiber. SF – sugar free. **The menu is subject to change****

All Meals served with 1% Milk/Tea/Water

SIGN UP 2 DAYS IN ADVANCE – 217-428-3459 / SUGGESTED DONATION \$4.00
(Full price \$7.50)