

May 2021 - Meal Calendar

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
3 11:30-12:30 Lunch Beef Pot Roast, Redskin Potatoes, Mixed Vegetables, Kiwi	4 11:30-12:30 Lunch Swiss Steak, Mashed Potatoes, Italian Blend Vegetables, Grapes, Apple Cobbler 4:30-5:30pm Dinner Chicken Fettuccine Alfredo, Sugar Snap Peas, Broccoli, Banana	5 11:30a-12:30p Lunch Roast Turkey, Mashed Potatoes w/ Gravy, Peas & Onions, Pear 4:30-5:30pm Dinner Western Omelet, Redskin Potatoes, Broccoli & Cauliflower, Applesauce	6 11:30a-12:30p Lunch Beef Pot Pie, Mashed Potatoes, Brussels Sprouts, Orange 4:30-5:30pm Dinner Ravioli Squares, Italian Blend Vegetables, Corn, Grapes	7 11:30-12:30 Lunch Pepper Steak, Brown Rice, Stir Fry Vegetable, Asparagus, Apple
10 11:30-12:30 Lunch Chicken & Mushroom Orecchiette, Broccoli & Cauliflower, Grapes	11 11:30a-12:30p Lunch Lemon Baked Fish, Redskin Potatoes, Green Beans, Pear, Berry Cobbler 4:30-5:30pm Dinner Breaded Fish Sandwich, Asparagus, Pear	12 11:30a-12:30p Lunch Breaded Chicken Fillet, Redskin Potatoes, Brussels Sprouts, Orange 4:30-5:30pm Dinner Meatloaf, Mashed Potatoes w/ Gravy, Broccoli, Kiwi	13 11:30a-12:30p Lunch Shepard's Pie, Carrots, Grapes 4:30-5:30pm Dinner Steak Salisbury, Mashed Potatoes w/ Gravy, Brussels Sprouts, Grapes	14 11:30-12:30 Lunch Chicken Cacciatore, Brown Rice, Peas & Carrots, Apple
17 11:30-12:30 Lunch Chicken Stir Fry, Brown Rice, Peas & Carrots, Kiwi	18 11:30a-1pm Mother's Day Luncheon Roast Beef, Au Gratin Potatoes, Midori Blend Vegetables, Cranberry Orange Relish, Iced Lemon Pound Cake 4:30-5:30pm Dinner BBQ Pork Sandwich, Dill & Garlic Potatoes, Asparagus, Orange	19 11:30a-12:30p Lunch BBQ Chicken, Parsley Potatoes, Carrots, Grapes 4:30-5:30pm Dinner Pork w/ Kraut, Green Beans, Applesauce, Dessert	20 11:30a-12:30p Lunch Spaghetti & Meatballs, Peas, Grapes, Breadstick 4:30-5:30pm Dinner French Dip Sandwich, Redskin Potatoes, Broccoli, Banana	21 11:30-12:30 Lunch Pork Roast, Baked Potato, Green Beans, Pear
24 11:30-12:30 Lunch Cabbage Rolls, Parsley Potatoes, Peas & Carrots, Blueberry Yogurt	25 11:30-12:30 Lunch Stuffed Peppers, Broccoli, Grapes, Cherry Cobbler 4:30-5:30pm Dinner Parmesan Cod, Pea Pods, Prince Charles Vegetables, Banana	26 11:30a-12:30p Lunch Beef Tips, Brown Rice, Corn, Applesauce, Dessert 4:30-5:30pm Dinner Beef Enchilada, Brown Rice, Corn, Pear	27 11:30a-12:30p Lunch Chicken Cordon Bleu, Mashed Potatoes, Green Beans, Orange 4:30-5:30pm Dinner Sweet & Sour Meatballs, Brown Rice, Peas & Carrots, Kiwi	28 11:30-12:30 Lunch Pork Chop Supreme, Redskin Potatoes, Brussels Sprouts, Kiwi

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**CLOSED
FOR
MEMORIAL
DAY**

VOLUNTEERS show us your **SUPERPOWER**



Becoming a **Meals on Wheels Driver** is the perfect way to start your volunteer journey. Drop off lunch to those who are at home and unable to purchase or prepare their own meals, hear their story and leave with a new pep in your step!

(All drivers must be able to lift heavy bags, have valid driver's license, and have a clean reliable vehicle with current car insurance)

Contact Alice Snyder at (989) 348-7123 to sign up or to learn more about Meals on Wheels.

