

# May 2019

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>Suggested donation is \$3.00 per meal</p> <p>Thank you for your donations. Donations help to maintain the meal program.</p>	<p><b>SERVING SIZES</b></p> <p>Grains – 2 ounces Vegetables – ½ cup Fruits – ½ cup Protein – 3 ounces Dairy – 1 cup</p>	<p>1 <b><u>MAY BREAKFAST</u></b></p> <p>Fruit Salad Scrambled Eggs Whole Grain French Toast w/Syrup / Home Fries Bacon &amp; Sausage 100% Tomato Juice</p>	<p>2</p> <p>Minestrone Soup Cranberry Balsamic Chicken Mashed Cauliflower Broccoli Brownies Roast Beef Club on Wheat</p>	<p>3 <b><u>RI INDEPENDENCE DAY</u></b></p> <p>RI Clam Chowder Stuffed Quahog Clam Cake Hot Wiener on Wheat Roll Corn on the Cobb Ice Cream</p>
<p>6</p> <p>Cream of Broccoli Soup Open Shepard's Pie Mashed Potato Whole Grain Biscuit Fig Newtons Seafood Salad on Wheat</p>	<p>7</p> <p>Vegetable Noodle Soup Open Turkey Sandwich w/Gravy Stuffing (Whole Wheat Bread) Green Beans Pudding Meatball Grinder on Wheat Roll</p>	<p>8</p> <p>Chicken Escarole Soup Bolognese w/Wheat Pasta Tossed Salad Italian Bread Fruit Salad Italian Grinder</p>	<p>9 <b><u>MOTHER'S DAY</u></b></p> <p>Italian Wedding Soup Stuffed Chicken Breast w/Gravy Baby Carrots/Cranberry Sauce Mashed Sweet Potato Whole Wheat Roll Cupcake</p>	<p>10</p> <p>Lentil Soup Fish Bake w/Peppers &amp; Onions Brown Rice Pilaf Green Bean Salad Fresh Fruit BBQ Chicken Sandwich Wheat</p>
<p>13</p> <p>Split Pea Soup Chicken Parm Wheat Penne w/Sauce Mixed Veg Fruit Cup Corned Beef &amp; Cheese on Wheat</p>	<p>14</p> <p>Mushroom Barley Soup Roasted Chicken Drumstick Stuffed Zucchini Spinach Oatmeal Raisin Cookie Chef Salad</p>	<p>15</p> <p>Escarole and Bean Soup Honey Glazed Beef Pasta Salad Wax Beans Sliced Melon Turkey Club on Wheat</p>	<p>16</p> <p>Chicken Soup Italian Pork Chop Roasted Potato Spinach Lorna Doone Cookie Tuna Salad on Wheat</p>	<p>17</p> <p>White Bean Soup Chicken Fajitas / Wheat Tortillas Sour Cream and Lettuce Rice, Cauliflower Fruit Cup Cheeseburger on Wheat Roll</p>
<p>20</p> <p>Kale and Bean Soup Meatball &amp; Pepper on Wheat Greek Cucumber Salad Chips Greek Yogurt Chicken Salad on Wheat Roll</p>	<p>21</p> <p>Chicken and Rice Soup Baked Manicotti Caprese Salad Garlic Bread Fruit Cup Pastrami Rubeen on Rye</p>	<p>22</p> <p>Vegetable Soup Fish Bake w/Lemon Roasted Red Potato Green Beans Chocolate Chip Cookies Sausage &amp; Pepper Sandwich</p>	<p>23</p> <p>Tortellini Soup Chicken Cacciatore Wild Rice Brussel Sprouts Pudding Egg Salad Plate</p>	<p>24 <b><u>MEMORIAL DAY</u></b></p> <p>Roasted Cauliflower Soup BBQ Ribs, Potato Salad Roasted Zucchini w/Tomato Whole Grain Corn Bread Ice Cream Cobb Salad</p>
<p>27 <b>MEMORIAL DAY</b></p> <p><b>MEAL SITES CLOSED</b></p>	<p>28</p> <p>Chicken and Escarole Soup Spaghetti and Meatballs Tossed Salad Italian Bread Brownies Turkey and Swiss on Wheat</p>	<p>29</p> <p>Cream of Mushroom Soup Chicken and Broccoli Eggroll Garlic Noodle Fruit Salad Chicken Cesar Wrap</p>	<p>30 <b><u>BIRTHDAY PARTY</u></b></p> <p>Minestrone Soup Beef Bracciole Mashed Potato Peas and Carrots Cup Cakes Tuna Salad Plate</p>	<p>31</p> <p>Lentil Soup Chicken Marsala Mixed Vegetable Rice Pilaf Sliced Melon Greek Salad w/Chicken</p>