

May 2024 – Diabetic Menu

Mon		Tue	Wed	Thu	Fri
<ul style="list-style-type: none"> ▪ Rolls and breads are whole wheat ▪ Canned fruits are in 100% natural juice or water, not syrup ▪ Items with an asterisk (*) prepared with rice, pasta and potatoes are smaller portions 			1 Egg Salad Tomato & Cucumber Salad Macaroni Salad Saltine Crackers Seasonal Fruit Vanilla Pudding w/ Granola	2 Baked Spaghetti * Lima Beans Green Peas Broccoli Cauliflower Salad Spinach Salad Seasonal Fruit	3 Sweet & Sour Chicken Spinach Carrots Hawaiian Pasta Salad Seasonal Fruit Chocolate Cake
6 Chicken & Broccoli Casserole Corn Zucchini Carrot Raisin Salad Macaroni Salad Seasonal Fruit	7 Roast Beef Squash Medley Green Beans Coleslaw Applesauce Seasonal Fruit	8 Chicken Pan Pie Cabbage Warm Cinnamon Apples Spinach Salad Seasonal Fruit Seasonal Fruit	9 Turkey Breast Sautéed Mushrooms Carrots Broccoli Cauliflower Salad Seasonal Fruit Blueberry Fluff	10 Beef Stroganoff Green Beans Cauliflower Fruit Gelatin Seasonal Fruit Tossed Salad	
13 Grilled Chicken Zucchini Green Beans Pea Salad Fruit Gelatin Seasonal Fruit	14 Turkey & Cheese Steamed Cauliflower Broccoli Three Bean Salad Watergate Salad Seasonal Fruit	15 Lemon Pepper Chicken Corn Green Beans Spinach Salad Blueberry Pudding Seasonal Fruit	16 Meatloaf Okra Collard Greens Tossed Salad Seasonal Fruit Seasonal Fruit	17 Pork Loin Cabbage Black-Eyed Peas Vegetable Pasta Salad w/ Ranch Dressing Fancy Apple Salad Seasonal Fruit	
20 Chicken Stir-Fry w/ Red & Green Peppers Broccoli Green Beans Fruit Gelatin Seasonal Fruit Vanilla Pudding	21 Salmon Patty Peas & Carrots Baked Okra Tartar Sauce Macaroni Salad Seasonal Fruit	22 Chopped Steak Corn Green Beans Spinach Salad Fruit Gelatin Seasonal Fruit	23 Veal Parmesan Sautéed Mushrooms Vegetable Medley Italian Pasta Salad Applesauce Seasonal Fruit	24 SPECIAL DAY...ENJOY! All Beef Hot Dog Baked Beans Warm Potato Salad Wheat Hot Dog Bun/Ketchup/Mustard Seedless Watermelon Brownie	
27 CLOSED No Meal Delivery 	28 Chopped Steak Turnip Greens Mashed Potatoes * Carrot Raisin Salad Three Bean Salad Seasonal Fruit	29 Cuban Chicken Corn Zucchini Tomato & Cucumber Salad Seasonal Fruit Seasonal Fruit	30 Baked Fish w/ Lemon Sauce Vegetable Medley Green Beans Coleslaw Tropical Fruit Whip Seasonal Fruit	31 Roast Beef Cabbage Squash Medley Spinach Salad Applesauce Seasonal Fruit	