

# Menu and More

TRADITIONAL MENU

MAY 2024



We will be **CLOSED**  
Monday, May 27th  
in observance of Memorial Day.  
There will be no meal delivery on that day.

## LET'S TALK ABOUT MENTAL HEALTH

Mental Health includes our emotional, psychological, and social well-being. It affects how we think, feel, and act. It also determines how we handle stress, relate to others, and make healthy choices.

The Mental Health Coalition suggests the following ways to engage in self-care:

- Physical: Common activities are massages, hugging loved ones with their consent, fitness, dance, aromatherapy, rest, and boundary setting.
- Emotional: Ways to attend to your emotional self can include connecting with others, naming and acknowledging your emotions, psychotherapy, journaling or creative writing, art, and setting boundaries for your emotional well-being.
- Cognitive: Engages in activities that are intellectually rewarding and/or stimulating. This can include reading, writing, listening to books or podcasts, watching films, and psychotherapy.
- Spiritual: This can take many different forms and does not have to be tied to formal religion. It can include meditation, breathwork, prayer, connecting with a spiritual or religious community, and mantras.



**\*\*PLEASE REMEMBER THAT OUR MENU IS SUBJECT TO CHANGE\*\***

contact us!

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**Mailing Address:**  
PO Box 1914  
Salisbury, NC 28145

# May 2024 – Traditional Menu

\*Menu Is Subject To Change

Mon	Tue	Wed	Thu	Fri
<p><b>Meat Substitute Meal</b> Chopped Steak Broccoli Vegetable Medley Roll Fruit Fruit Gelatin</p>	<p><b>Vegetable Substitute Meal</b> Great Northern Beans Broccoli Vegetable Medley Roll Fruit Fruit Gelatin</p>	<p>1 Ham Salad Tomato &amp; Cucumber Salad Macaroni Salad Saltine Crackers Seasonal Fruit Vanilla Pudding w/ Granola</p>	<p>2 Baked Spaghetti Steamed Cauliflower Green Peas Spinach Salad w/ Dressing Fruit Gelatin Seasonal Fruit</p>	<p>3 Sweet &amp; Sour Chicken over Rice Cabbage Carrots Hawaiian Pasta Salad Seasonal Fruit Chocolate Cake</p>
<p>6 Chicken &amp; Broccoli Casserole Corn Zucchini Carrot Raisin Salad Macaroni Salad Tropical Fruit</p>	<p>7 Sloppy Joe Squash Medley Ranch Potatoes Wheat Bun Coleslaw Seasonal Fruit</p>	<p>8 Chicken Pan Pie Cabbage Warm Cinnamon Apples Salad w/ Dressing Seasonal Fruit Brownie</p>	<p>9 Red Beans &amp; Yellow Rice Sautéed Mushrooms Carrots Wheat Roll Seasonal Fruit Blueberry Fluff</p>	<p>10 Beef Stroganoff over Noodles Green Beans Cheesy Cauliflower Fruit Gelatin Seasonal Fruit Vanilla Cake Square</p>
<p>13 Chicken Spaghetti w/ Cream Sauce Zucchini Carrots Pea Salad Fruit Gelatin Mandarin Oranges</p>	<p>14 Turkey &amp; Cheese Sandwich (on Wheat Bun) Diced Potatoes Broccoli Three Bean Salad Watergate Salad Seasonal Fruit</p>	<p>15 Lemon Pepper Chicken Corn Green Beans Spinach Salad w/ Dressing Blueberry Pudding Seasonal Fruit</p>	<p>16 Meatloaf Mashed Potatoes Collard Greens Wheat Roll Seasonal Fruit Seasonal Fruit</p>	<p>17 Pork Loin Cabbage Black-Eyed Peas Vegetable Pasta Salad w/ Ranch Dressing Fancy Apple Salad Seasonal Fruit</p>
<p>20 Chicken Stir-Fry w/ Red &amp; Green Peppers Broccoli Rice Fruit Gelatin Pineapple Vanilla Wafers</p>	<p>21 Salmon Patty Peas &amp; Carrots Okra Tartar Sauce Macaroni Salad Seasonal Fruit</p>	<p>22 Cheesy Beef &amp; Mac Casserole Corn Green Beans Salad w/ Dressing Strawberry Banana Medley Seasonal Fruit</p>	<p>23 Veal Parmesan Sautéed Mushrooms Vegetable Medley Italian Pasta Salad Applesauce Seasonal Fruit</p>	<p>24 <b>SPECIAL DAY...ENJOY!</b> All Beef Hot Dog Baked Beans Warm Potato Salad Wheat Hot Dog Bun/Ketchup/Mustard Seedless Watermelon Brownie</p>
<p>27 <b>CLOSED</b> No Meal Delivery </p>	<p>28 Chopped Steak w/ Gravy Turnip Greens Mashed Potatoes Carrot Raisin Salad Orange Creamsicle Salad Seasonal Fruit</p>	<p>29 Cuban Chicken Yellow Rice Zucchini Tomato &amp; Cucumber Salad Yellow Cake Square Seasonal Fruit</p>	<p>30 Baked Fish w/ Lemon Sauce Vegetable Medley Green Beans Coleslaw Tropical Fruit Whip Seasonal Fruit</p>	<p>31 Ham w/ Glaze Cabbage Squash Medley Potato Salad Applesauce Seasonal Fruit</p>