

May MOW Meal Menu

Monday	Tuesday	Wednesday	Thursday	Friday
<p>1</p> <p>Picadillo Spanish Rice Stir-Fry Veggies Tortilla Cinnamon Applesauce</p>	<p>2</p> <p>Creamy Chicken Pesto Mediterranean Orzo Broccoli Wheat Roll Fresh Apple</p>	<p>3</p> <p>Salisbury Steak w/Gravy Mashed Potatoes Parslied Carrots Wheat Roll Banana</p>	<p>4</p> <p>Fish Spanish Green Beans Sweet Potato Orange</p>	<p>5</p> <p>Spaghetti & Meat Balls Sautéed Mushrooms Wheat Roll Apple Slice</p>
<p>8</p> <p>Chili Cornbread Bowl Green Beans Almandine Cornbread Craisins</p>	<p>9</p> <p>Parmesan Crusted Tilapia Brown Rice Quinoa Capri Blend Veggies Banana Apple Muffin</p>	<p>10</p> <p>Meatloaf w/Gravy Mashed Potatoes Seasoned Cabbage White Bread Strawberry Applesauce</p>	<p>11</p> <p>Chicken Breast Mozarella Tomato & Basil Veggie Pasta Garlic Breadstick Orange</p>	<p>12</p> <p>Lemon Pepper Cod Brown Rice Asparagus & Red Peppers Wheat Roll Cookie</p>
<p>15</p> <p>Chicken Enchiladas Seasoned Spinach Charro Beans Chocolate Pudding</p>	<p>16</p> <p>Lasagna Garlic Mushrooms Garlic Breadsticks Orange</p>	<p>17</p> <p>Carne Guisada Spanish Rice Refried Beans Pita Bread Orange</p>	<p>18</p> <p>Grilled Chicken Breast w/Fixings Onion Rings Butterscotch Pudding</p>	<p>19</p> <p>Vegetarian Fried Rice Spring Roll Green Beans Almandine Ruby Slipper Pears Cookie</p>
<p>22</p> <p>Italian Breaded Chicken Patty w/Gravy Baby Carrots Brussel Sprouts Cornbread Fruit Cup</p>	<p>23</p> <p>Low Sodium Beef-a-Roni Creamed Spinach Peaches & Oats</p>	<p>24</p> <p>Arroz Con Pollo Zucchini & Corn Calabacitas Orange</p>	<p>25</p> <p>Meatloaf & Gravy Mashed Potatoes Asparagus & Red Peppers Wheat Roll Apple</p>	<p>26</p> <p>Lasagna Cheese Roll-up Seasoned Broccoli Garlic Breadstick Choc Chip Cookie Banana</p>
<p>29</p> <p>CLOSED FOR MEMORIAL DAY</p> 	<p>30</p> <p>Chicken Fried Rice Veggie Egg Roll Raspberry Cheesecake Banana</p>	<p>31</p> <p>Hamburgers Fixings Orange</p>		

Fellowship Meals are served Monday - Thursday 11:30am - 12:00pm, Fridays 11:00am - 11:30am

LUNCH IS SERVED FOR 1/2 HOUR ONLY

Suggested Donation \$4 • Menus are subject to change