



Congregate City Fare Menu May 2023



Monday

Tuesday

Wednesday

Thursday

Friday

<p>5/1 Hamburger w. Cheddar Cheese on a Bun Lettuce, Tomato & Onion Sweet Potato Wedges Fresh Plum or Orange Ketchup</p>	<p>5/2 Flounder with Lemon & Parsley Sauce Macaroni & Cheese Stewed Tomatoes Fruit Cocktail Chocolate Chip Muffin</p>	<p>5/3 Grilled Chicken in Marinara Sauce & Mozzarella Cheese over Penne Pasta Italian Blend Veggies Applesauce Dinner Roll</p>	<p>5/4 Italian Hoagie on White Sub roll w. shredded lettuce & tomato Pineapple tidbits Cucumber salad Mayo packet</p>	<p>5/5 Pot Roast in Au Jus Roasted Baby Bakers California Blend Veggies Split Top Dinner Roll Strawberry Waffle Cookie</p>
<p>5/8 Cheese Ravioli in Meat Sauce Mixed Salad with Tomato & Cucumber Apple Crisp</p>	<p>5/9 Ham & Swiss on Club Roll with Lettuce, Tomato & Onion Coleslaw Pineapple Tidbits Mustard</p>	<p>5/10 Pulled BBQ Chicken on a Brioche Bun Tater Tots Peas & Diced Carrots Pineapple</p>	<p>5/11 Filet of Fish Sandwich with Cheddar Cheese on a Hamburger Bun Sweet Potato Puffs Apple Crisp Tartar Sauce</p>	<p>5/12 Turkey with Gravy Sweet Potatoes Green Beans 12 Grain Bread Cranberry Sauce</p>
<p>5/15 Lasagna Roll up with Meat Sauce Italian Blend Veggies Applesauce White Wheat Bread</p>	<p>5/16 Chicken Salad Platter Lettuce & Tomato Broccoli Cheddar Soup Ambrosia Whole Grain Saltines</p>	<p>5/17 Meatball Sub w. Mozzarella Cheese Mixed Salad with Tomato & Green Peppers Pear Halves</p>	<p>5/18 Pulled Pork w. Au Jus Mashed Potatoes Caribbean Blend Veggies Apple Cornbread Loaf</p>	<p>5/19 Oven Fried Chicken Mashed Potatoes with Gravy Seasoned Greens Orange</p>
<p>5/22 Salisbury Steak w. Gravy Baby Lima Beans Carrots Diced Pears Potato Bread</p>	<p>5/23 Pot Roast in Au Jus Roasted Baby Bakers Green Beans Pineapple Tidbits Giant Graham Fish</p>	<p>**5/24** Cheese Pizza Tossed Salad with Carrot, Tomato and Garbanzo Beans Chocolate Ice Cream</p> <div data-bbox="926 1101 1159 1195" style="text-align: center; background-color: #4a7ebb; color: white; padding: 5px; border-radius: 10px; font-weight: bold; font-size: 1.2em;">LUNCH SPECIAL</div>	<p>5/25 Tuna Salad on Kaiser Roll Lettuce & Tomato Tomato Vegetable Soup Fruit Cocktail Crackers</p>	<p>5/26 Chicken Fajitas with peppers, onions and shredded cheese Tortilla Brown Rice and Beans Mixed Fruit</p>
<p>5/29 CLOSED</p> <div data-bbox="128 1271 443 1435" style="text-align: center;"> </div>	<p>5/30 Grilled Chicken Breast on Mixed Salad w. Cucumber, Tomato & Carrot Beef Vegetable Soup Blueberry Muffin Diced Peaches Yogurt Crackers</p>	<p>5/31 Eggplant Parmesan with Marinara Sauce & Mozzarella Cheese Capri Blend Veggies Peach Crisp 12 Grain Bread</p>	<p>6/1 Baked White Fish with Orange Butter Sauce Baby Potatoes Stewed Tomatoes Mixed Fruit Dinner Roll</p>	<p>6/2 Grilled Chicken Mashed Potatoes Broccoli Spears Fresh Orange Chocolate Fudge Pudding</p>

- All meals subject to change. All meals contain 1% milk
- Meals are ordered according to projected number; over that number, back-up meals will be available.

- Saturday Mid Day meals served at St. Anthony's
- Tuesday Evening Meals served at St. Anthony's Senior Center