

Centre Region Active Adult Center Menu — May 2017

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
1 Four Cheese Ziti with Mini Meatballs Italian Green Beans Tomato Wedge Salad Chocolate Pudding Italian Bread	2 Baked Salmon with Cream Sauce Baked Potato Spinach Soufflé Fresh Seasonal Fruit Wheat Bread	3 Chicken Cobb Salad Chicken, Egg, Cheese & Sprinkle of Bacon Chicken Noodle Soup Crackers Pineapple Dinner Roll	4 Star Wars Day Han-burger w/Cuke Skywalker Pickles C 3 PO-tato Salad Tiny Carrot Light Sabers w/Galactic Ranch Dip Jabba Jiggle Jello w/Polis Massa Peaches	5 Cinco de Mayo COVERED DISH LUNCHEION
8 Meatball Hoagie w/sauce and cheese Cole Slaw Mixed Bean Medley Fresh Seasonal Fruit Hoagie Roll	9 Tuna Salad Sandwich Lettuce/Tomato Cream of Broccoli Soup w/crackers Pineapple Tidbits 2 Multi Grain Bread	10 Tuscan Chicken w/Sun Dried Tomato Cream Sauce Penne Pasta Tossed Salad Peaches Breadstick	11 Chef Salad (Ham, Turkey, Cheeses) w/Ranch Tossed Salad w/Tomato, Carrots, Red Cabbage Wedding Soup Pears Crackers & Breadstick	12 Cheese Steak Sandwich Peppers & Onions French Style Green Beans Pineapple Peanut Butter Cookies Hoagie Roll
15 Fish Patty Potato Soup Cole Slaw Chunky Applesauce Vanilla Ice Cream Tartar Sauce	16 Roast Beef Stroganoff Buttered Noodles Peas & Carrots Fresh Tangerine White Bread	17 Roast Pork Loin Mashed Sweet Potatoes Pepper Slaw Vanilla Wafers Banana Pudding Dinner Roll	18 Chicken Parmesan Rotini Pasta Tossed Salad Peaches Italian Bread	19 Beef Taco Salad Mixed Greens & Tomatoes Salsa & Sour Cream Nacho Chips Pineapple Corn Muffin
22 Egg Omelet w/Cheese Breakfast Sausage Home Fry Potatoes Peaches Cottage Cheese White Toast	23 Sweet Sausage Sandwich w/Peppers & Onions Tossed Salad w/Tomato Baby Carrots w/Dip Strawberry Ice Cream Hoagie Roll	24 Grilled BBQ Chicken Salad Mixed Greens, Tomatoes, Cucumbers, & Onions Orange Jello w/Mandarin Oranges Breadstick, Ranch Dressing	25 Baked Ham & Swiss on Rye Lettuce, Tomato Coleslaw Pickled Beets Graham Crackers Fruit Fluff	26 COST SAVINGS DAY
29 Holiday	30 Kielbasa Sauerkraut Mashed Potatoes Sweet Corn Brownie Roll	31 Rigatoni w/Meat Sauce Tossed Salad Broccoli Sherbet Garlic Breadstick		

To reserve your meal, call 231-3076 by 10am the day before you plan to visit

***Adults age 55-59, the lunch cost is \$4.25 (must be paid in advance)**

***Adults age 60 & over, a donation of \$1.50 per meal is requested to help offset some of the cost.**

