

MAY 2016

Tri-Valley NUTRITION PROGRAM

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
2 Jambalaya Rice Pilaf Green Peas Fresh Fruit French Bread	3 Meatballs w/Onion Gravy Mashed Potatoes Roman Blend Vegetables Tapioca Pudding Diet Tapioca Pudding Whole Wheat Bread	4 Pork Chow Mein Brown Rice Oriental Blend Vegetables Mandarin Oranges Marble Rye Bread	5 Mother's Day Meal Stuffed Chicken Sour Cream & Chive Potatoes Peas and Carrots Chocolate Mousse French Bread 	6 Fish with Crumb Topping Scalloped Potatoes Mixed Vegetables Peaches Pumpernickel Bread
9 Beef Mediterranean Steamed Rice Broccoli Pears Whole Wheat Bread	10 Hot Dog Baked Beans Hot Potato Salad Fresh Fruit Mustard Packet Hot Dog Bun	11 Chicken Primavera Pasta Spinach Brownie Diet=Small Piece Pumpernickel Bread	12 Salmon Boat w/Dill Sauce Mashed Potatoes Peas & Pearl Onions Cookie Marble Rye Bread Corn Chowder	13 Lasagna Green Beans Apple Crisp Diet=Small Serving Italian Bread
16 Roast Pork with Gravy Mashed Potatoes Jardiniere Vegetables Yogurt Pumpernickel Bread	17 Shepherd's Pie Carrots Peas Mandarin Oranges French Bread	18 Bacon Omelet O'Brien Potatoes Green Beans & Tomato Streusel Cake Diet=Small Piece Marble Rye Bread	19 BBQ Chicken Seasoned Potato Country Blend Vegetables Fresh Melon Pumpernickel Bread	20 Potato Crunch Fish Tartar Sauce Rice Pilaf Carrots Strawberries Whole Wheat Bread
23 Chicken Mornay Couscous Roman Blend Vegetables Peaches Marble Rye Bread Minestrone Soup	24 Pot Roast Stew Steamed Potatoes Succotash Fruit Crunch Bar Diet=Cookie French Bread	25 Turkey a La King Wild Rice Brussels Sprouts Pears Pumpernickel Bread	26 Meatloaf & Gravy Garlic Mashed Potatoes Summer Blend Vegetables Birthday Cake Diet=Plain Cake Whole Wheat Bread	27 Macaroni & Cheese Stewed Tomatoes Green Beans Fresh Fruit French Bread
30  Memorial Day No Meals Served	31 Buttermilk Chicken Mashed Potatoes Mixed Vegetables Fruit Cocktail Pumpernickel Bread	~ Menus are Subject to Change ~ Your \$3.00 Donation is Appreciated!		