

May 2018 Meals on Wheels & Senior Café

Meals on Wheels - Please remember to cancel your meal 24 hours in advance of any appointments, etc.

Sylva 631-8044

Cashiers 745-6856

Senior Café - Reservations & Cancellations must be made by 3pm one day in advance.

Sylva 631-8045

Cashiers 745-6856

Monday	Tuesday	Wednesday	Thursday	Friday
	1 Country Fried Steak w/white gravy Mashed Potatoes Oven Fried Okra Applesauce Biscuit Milk	2 Turkey in Herb Sauce Rice Pilaf Green Peas Pineapple Tidbits WW Roll Milk	3 BBQ Chic Drumsticks Squash Casserole Lima Beans Applesauce WW Roll Milk	4 Ham & Potato Casserole Steamed Cabbage Blueberry Cobbler Cornbread Milk
7 Lemon Pepper Chicken Baked Sweet Potato Broccoli w/Cheese Berries & Pudding WW Roll Milk	8 Beef Chili (beef, beans, tomatoes) Buttered Rice Sliced Peaches Cornbread Milk	9 Cheese Omelet Sausage Patty Hash Browns Milk Honeydew Melon Apple Juice Biscuit	10 Meatloaf Buttered Carrots Whipped Potatoes Pears w/Cheese Roll Milk	11 Rosemary Garlic Chicken Roasted Butternut Squash Green Peas Berry Parfait Roll Milk
14 Ham & Beans (ham, navy beans) Collard Greens Stewed Apples Cookie Cornbread Milk	15 Cabbage Roll Corn Fruit Salad Lemon Raspberry Muffin Roll Milk	16 Roasted Chicken on Whole Wheat Green Pea Salad Creamsicle Pudding Milk	17 Spaghetti Bake Garden Salad Garlic Toast Fresh Grapes Milk	18 Stew Beef w/Potatoes, Carrots, Celery & Onions Brussel Sprouts Corn & Red Peppers Biscuit Milk
21 Beef Stew with gravy & Asparagus Mashed Potatoes Blueberries & Cream Yeast Roll Milk	22 Chicken Dumplings Green Beans Carrot & Raisin Salad Peach Cobbler WW Roll Milk	23 Crab Cake Fried Yellow Squash Steamed Asparagus Cheesecake Roll Milk	24 Vegetable Beef Soup Turkey Sandwich Fruit Parfait Crackers Milk	25 Pork Loin w/Apples Baked Sweet Potato Green Beans Banana Biscuit Milk
28 closed 	29 Grilled Chicken Creamy Pasta Primavera Steamed Broccoli Oatmeal Raisin Cookie Peaches Milk	30 Hot Brown (turkey, bread, gravy) Mashed Potatoes Green Beans Carrot Salad Milk	30 BBQ Pork Rib Baked Beans Apple Cole Slaw Oatmeal Raisin Cookie Milk Roll	