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| **May 2023 | Lunch Menu** | | | | | |
| **MONDAY** | **TUESDAY** | WEDNESDAY | **THURSDAY** | **FRIDAY** | |
| 1  Beef Stew  Green Beans  Cauliflower  Whole Wheat Roll  Apple Slices | 2  Pulled Pork\*\*  Whole Grain Bun  Roasted Red Potatoes  Spinach  Peach Crisp | 3  Chicken Stir Fry  Brown Rice  Carrots  Cauliflower  Mandarin Oranges | 4  **Shrimp Alfredo**  Whole Wheat Linguini  Italian Veggies  Brussel Sprouts  Fresh Pear | 5  Teriyaki Beef  Brown Rice  Corn Edamame  Tropical Fruit Cup |
| 8  Chicken Noodle Soup  Steamed Spinach  Wheat Roll  Apricots | 9  Beef Philly  Whole Wheat Hoagie Roll  Tater Tots  Green Peas  Diced Mango | 10  **Herbed Tilapia**  Tri Color Roasted Potatoes  Mixed Vegetables  Whole Wheat Croissant  Fresh Apple | 11  Quinoa Salad  Chilled Stewed Tomatoes  3-Bean Salad  Wheat Roll  Sliced Pears | 12  Meatloaf with Gravy  Summer Squash  Carrots  Whole Grain Roll  Strawberries |
| 15  Sloppy Joe  Whole Wheat Bun  Mixed Veggies  Spinach  Fruit Cocktail | 16  **Tuna Salad**  Whole Wheat Bread  Pea Salad  Carrot Sticks  Pineapple (D)  Cookie (R) | 17  Chicken Parmesan  Whole Wheat Bun  Broccoli  Corn  Fresh Orange | 18  Steak Diane  Mashed Potatoes  Green Beans  Whole Grain Roll  Sliced Pears | 19  Pork Chop\*\* with Gravy  Winter Blend Vegetables  Black Bean Veggies  Carrots  Whole Wheat Breadstick  Sliced Apples |
| 22  Paprika Chicken  Carrot Coins  Edamame  Whole Wheat Croissant  Sliced Pears | 23  Carnitas  Mexican Brown Rice  Pinto Beans Stewed Tomatoes  Mandarin Orange | 24  Garden Salad  Celery Sticks  Carrot Sticks  Whole Wheat Breadstick, Fruit Cocktail (D)  Birthday Cake (R) | 25  **Cajun Tilapia**  Snap Peas  Butternut Squash  Wheat Roll  Cinnamon Apples | 26  Chicken Sandwich  Lettuce and Tomato  Whole Wheat Bun  Sweet Potatoes  Banana |
| 29  Closed for Holiday Observance | 30  Baked BBQ Chicken  Baked Beans  Carrots  Whole Wheat Roll  Cinnamon Peaches | 31  Italian Sausage\*\*  Red Sauce  Whole Wheat Hoagie  French Fries  Italian Blend Veggies  Mandarin Orange | *TCAA is funded in part by Area Agency on Aging, Region One.*  *Menu subject to change due to availability.*    ***Items with \*\*contain pork or pork products.*** | *Text  Description automatically generated with medium confidence*  Call to sign up, or to cancel your existing meal order:  **480-858-6510** |