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| **May 2023 | Lunch Menu** |
| **MONDAY** | **TUESDAY** | WEDNESDAY | **THURSDAY** | **FRIDAY** |
| 1Beef StewGreen BeansCauliflowerWhole Wheat RollApple Slices | 2Pulled Pork\*\*Whole Grain BunRoasted Red PotatoesSpinachPeach Crisp | 3Chicken Stir FryBrown RiceCarrotsCauliflowerMandarin Oranges | 4**Shrimp Alfredo**Whole Wheat LinguiniItalian VeggiesBrussel SproutsFresh Pear | 5Teriyaki BeefBrown RiceCornEdamameTropical Fruit Cup |
| 8Chicken Noodle SoupSteamed SpinachWheat RollApricots | 9Beef PhillyWhole Wheat Hoagie RollTater TotsGreen PeasDiced Mango | 10**Herbed Tilapia**Tri Color Roasted PotatoesMixed VegetablesWhole Wheat CroissantFresh Apple | 11Quinoa SaladChilled Stewed Tomatoes3-Bean SaladWheat RollSliced Pears | 12Meatloaf with GravySummer SquashCarrotsWhole Grain RollStrawberries |
| 15Sloppy JoeWhole Wheat BunMixed VeggiesSpinachFruit Cocktail | 16**Tuna Salad**Whole Wheat BreadPea SaladCarrot SticksPineapple (D)Cookie (R) | 17Chicken ParmesanWhole Wheat BunBroccoliCornFresh Orange | 18Steak DianeMashed PotatoesGreen BeansWhole Grain RollSliced Pears | 19Pork Chop\*\* with GravyWinter Blend VegetablesBlack Bean VeggiesCarrotsWhole Wheat BreadstickSliced Apples |
| 22Paprika ChickenCarrot CoinsEdamameWhole Wheat CroissantSliced Pears | 23CarnitasMexican Brown RicePinto BeansStewed TomatoesMandarin Orange | 24Garden SaladCelery SticksCarrot SticksWhole Wheat Breadstick, Fruit Cocktail (D)Birthday Cake (R) | 25**Cajun Tilapia**Snap PeasButternut SquashWheat RollCinnamon Apples | 26Chicken SandwichLettuce and TomatoWhole Wheat BunSweet PotatoesBanana |
| 29Closed for Holiday Observance | 30Baked BBQ ChickenBaked BeansCarrotsWhole Wheat RollCinnamon Peaches | 31Italian Sausage\*\*Red SauceWhole Wheat HoagieFrench FriesItalian Blend VeggiesMandarin 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** |