


The Center at The Open Link Lunch Menu

Monday, May 1	Tuesday, May 2	Wednesday, May 3	Thursday, May 4	Friday, May 5
EGGROLL IN A BOWL (sweet & sour diced chicken) Sesame Cabbage & Carrots Fried Brown Rice* Whole Wheat Bread* Fresh Apple* ADC: ½ c fruit* Milk*	BAKED ZITI*** Wax and Green Beans Mandarin Oranges* Milk*	MACARONI & CHEESE w TURKEY HAM & TOMATOES*** Steamed Cauliflower Kale, Spinach & Carrots Fruit Cocktail* Milk*	SLICED ROAST BEEF w HONEY BOURBON SAUCE* Sweet Potato Cubes* Green Beans Almondine Whole Wheat Bread* Mandarin Oranges* Milk*	HERB ROASTED SLICED TURKEY w onion au jus Mashed Cauliflower & Potato*, Sugar Snap Peas Marble Rye* Chocolate Pudding** Diet: 1/2 cup fruit*, Milk*
Monday, May 8	Tuesday, May 9	Wednesday, May 10	Thursday, May 11	MOTHER'S DAY MENU
VEGGIE DELUXE OMELET (swiss, mush, spinach, peppers, tomato, onion) Brandied Peaches* Whole Wheat Roll** Cinnamon Applesauce* Milk	GRILLED CHICKEN CAPRESE Penne*, Normandy Blend Whole Wheat Roll** Fresh Orange* ADC:1/2 c fruit*, Milk*	BBQ PULLED CHICKEN Honey Glazed Carrots* Spinach w mushrooms White Bread* Fresh Nectarine* ADC:1/2 c fruit*, Milk*	ORANGE & HONEY GLAZED TURKEY Green Beans Whipped Sweet Potatoes w Pecans*, Marble Rye* Pineapples* Milk*	STUFFED CHICKEN w/ Cornbread Almond Stuffing* Baked Potato Wedges* Dill Carrots Wheat Roll** Lite Chocolate Cake* Milk*
Monday, May 15	Tuesday, May 16	Wednesday, May 17	Thursday, May 18	Friday, May 19
TRADITIONAL MEATLOAF Seasoned Potato Cubes* Peas & Carrots* Whole Wheat Bread* Light Vanilla Cake* Milk*	LEMON BUTTER FISH Brussel Sprouts Mushroom Pilaf* Pumpnickel Bread* Peaches* Milk*	CREAMY TUSCAN GARLIC CHICKEN Capri Blend Vegetables Rotini* Pumpnickel Bread* Mandarin Oranges* Milk*	BEEF CHOW FUN Oriental Blend & Egg Noodles* Steamed Broccoli Whole Wheat Bread* Oatmeal Cookie* Diet: 1/2 cup fruit* Milk*	STUFFED CABBAGE BOWL Cabbage & Rice* Mixed Vegetables* Rye Bread*, Fresh Peach* ADC ½ c Fruit* Milk*
Monday, May 22	Tuesday, May 23	Wednesday, May 24	Thursday, May 25	Friday, May 26
CRAB CAKE* Mac & Cheese* Zucchini w Stewed Tomatoes* Spinach w Carrots Unsweetened Applesauce* Milk*	BAKED FISH w WHITE WINE CAPER SAUCE Beets* Grilled Vegetable Quinoa* Wheat Roll** Fruit Jello* Milk*	CHICKEN, CAULIFLOWER & CHEDDAR CHEESE BAKE Sugar Snap Peas Sweet Corn* Rye Bread* Light Blueberry Cake* Milk*	MANICOTTI w MEATBALLS*** Broccoli & Carrots Pears* Milk	GRILLED HAWAIIAN BBQ CHICKEN Vegetable Rice Medley* Whole Wheat Bread* Fresh Orange* ADC ½c Fruit* Milk* 2
MEMORIAL DAY CENTER CLOSED	Tuesday, May 30	Wednesday, May 31		
	EGGROLL IN A BOWL (sweet & sour diced chicken) Sesame Cabbage & Carrots Fried Brown Rice* Whole Wheat Bread* Fresh Apple* ADC: ½ c fruit* Milk*	BAKED ZITI*** Wax and Green Beans Mandarin Oranges* Milk*		

MAY 2017

