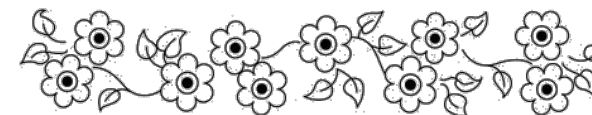



Meals on Wheels, a program of FeedMore WNY



MAY 2019 MENU

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>NOTE ON SPECIAL DIETS: Meals may be different than stated on the menu to meet dietary requirements. If you are on a special diet and have questions, please contact the Nutrition Dept at 822-2002.</p> <p>ALL MENUS SUBJECT TO CHANGE WITHOUT NOTICE</p>		1	2	3
		Pork Loin w/ Herb Gravy/ Mashed Squash/ Creamed Cabbage w/ Dill (32gCHO)	Lasagna Roll w/ Meat Sauce/ California Mix Vegetable (34gCHO)	Meatloaf w/ Swiss Gravy/ Mashed Potatoes/ Peas w/ Pearl Onions (44gCHO)
		Egg Salad/ White Bread/Potato Salad (45gCHO)	Chicken Salad/ Wheat Bread (28gCHO)	Cottage Cheese w/ Fruit Garnish/ White Bread (17gCHO)
6	7	8 Mother's Day Meal	9	10
Cheese Omelet w/ Cheese Sauce/ Cheesy Diced Potatoes/ Peas (30gCHO)	Baked Rigatoni w/ Italian Sausage & Tomato Sauce/ Broccoli/ Wax Beans (46gCHO)	Chicken Breast w/ Lemon Pepper Gravy/ Scalloped Potatoes/ California Mix Vegetables (39gCHO)	Breaded Pork Chop w/ Gravy/ Lazy Pierogi/ Carrots (37gCHO)	Teriyaki Seasoned Beef Strips/ Oriental Mixed Vegetables (37gCHO)
Turkey/ Wheat Bread (20gCHO)	Egg Salad/ White Bread (27g CHO)	Roast Beef/ Rye Bread (34gCHO)	White American Cheese/ Multigrain Bread/ Potato Salad (60gCHO)	Ham Salad/Wheat Bread/ Coleslaw (43gCHO)
13	14	15	16	17
Breaded Chicken Drumsticks/ Roasted Red Skin Potatoes/ French Bean Medley (27gCHO)	Stuffed Shells w/ Tomato Meat Sauce & Mozzarella Cheese/Seasoned Spinach & Mushrooms/ Cauliflower (55gCHO)	Pork Ribette w/ BBQ Sauce/ Scalloped Potatoes/ Peas w/ Red Pepper (48gCHO)	Herb Crusted Tilapia/ Zucchini w/ Diced Tomato (25gCHO)	Roast Beef w/ Gravy & Horseradish/ Navy Bean Soup/ Mixed Vegetables (35gCHO)
Ham/ Wheat Bread (20gCHO)	Tuna Salad/ Rye Bread (37gCHO)	Chicken Salad w/ Cranberries/ Wheat Roll (27gCHO)	Cottage Cheese/ Rye Bread/ Unsalted Crackers (43gCHO)	Turkey/ Wheat Bread/ Carrot Pine. Salad (33gCHO)
20	21	22	23 Memorial Day Meal	24
Beef Stew w/ Vegetables/ Brussel Sprouts (24gCHO)	Turkey Breast w/ Gravy/ Mashed Potato/ Green Bean Casserole (35gCHO)	Cheese Tortellini w/ Chicken Cream Sauce/ Cauliflower/ Italian Vegetables (70gCHO)	BBQ Chicken Quarter/ California Mixed Vegetable/ Corn (32gCHO)	Stuffed Pepper w/ Tomato Meat Sauce/ Mashed Potato/ Broccoli (45g CHO)
Peanut Butter & Jelly/ White Bread (37gCHO)	Egg Salad/White Hamburger Roll (30gCHO)	Tuna Salad/ White Bread (28gCHO)	Yellow American Cheese/Rye Bread/ Potato Salad (54gCHO)	Chicken Breast/ Wheat Roll (25gCHO)
27 Memorial Day	28	29	30	31
NO MEALS Served Today 	Polynesian Chicken/ California Blend Veg/ Summer Squash w/ Red Pepper (17gCHO)	Roast Beef w/ Gravy/ Cheesy Mashed Potatoes/ Sliced Carrots (55gCHO)	Sloppy Joe/ Roasted Red Potatoes/ Broccoli (37gCHO)	Beer Battered Fish/Mixed Vegetables/Potato Salad (59gCHO)
	Ham/ Rye Bread (34g)	Hard Boiled Eggs w/ Mayo/ Wheat Bread/ Coleslaw (33gCHO)	Turkey/ Italian Bread (30gCHO)	Chicken Salad/ Wheat Bread (25gCHO)

**NEED TO
CANCEL MEALS?**

**It is very important
that you notify us if
you are not going to
be home to avoid
unnecessary meal
deliveries.**

**Please call 822-2002
by 2:00pm the day
before you need
to cancel.**

The essential work done by Meals on Wheels, a program of FeedMore WNY is made possible by generous financial support from community members, local foundations and corporations, as well as through grants from the U.S. Department of Health and Human Services, New York State Office for the Aging and Erie County's Departments of Senior Services and Social Services. For more information, visit www.mealsonwheelswny.org.

