



Senior Center &  
Congregate Nutrition Site  
Menu



AGING UNBOUND: MAY 2023

MAY 2023				
MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<b>1</b> Swedish Meatballs Peas Rice Cinnamon Apples Roll Milk	<b>2</b> BBQ Pork Cabbage Baked Beans Orange Juice Bun Cookie Milk	<b>3</b> Office & Sites Closed – Senior Fun Day Event @ Duplin Events Center- 9am-1:30	<b>4</b> Spaghetti with Meat Sauce Green Beans Applesauce Bread Milk	<b>5</b> Chopped Steak Mixed Vegetables Mashed Potatoes Peaches Wheat Roll Milk
<b>8</b> Country Steak Sandwich Okra & Tomatoes Corn Apple Juice Bun Milk	<b>9</b> Chicken & Wild Rice Carrots Pears Roll Cookie Milk	<b>10</b> Baked Ziti Green Beans Noodles Sliced Peaches Garlic Bread Milk	<b>11</b> Roasted Pork Peas & Carrots Roasted Red Potatoes Apples Wheat Roll Milk	<b>12</b> Chicken Marsala Broccoli Noodles Cinnamon Applesauce Roll Milk
<b>15</b> Fish Patty Mixed Vegetables Macaroni & Cheese Orange Cup Bun Milk	<b>16</b> Roasted Chicken Black-Eyed Peas Roasted Potatoes Pears Wheat Roll Cookie Milk	<b>17</b> Ham Okra & Tomatoes Yams Applesauce Roll Milk	<b>18</b> Chili with Kidney Beans Broccoli & Cheese Rice Peaches Cornbread Milk	<b>19</b> Roasted Turkey Egg Noodles Green Peas Cranberry Juice Roll Milk
<b>22</b> Cheeseburger Glazed Carrots Baked Beans Pineapple Cup Bun Milk	<b>23</b> Italian Sausage with Peppers & Onions Cabbage Spaghetti Noodles Applesauce Bread Cookie Milk	<b>24</b> Salisbury Steak & Gravy Green Peas Mashed Potatoes Peaches Wheat Roll Milk	<b>25</b> Tex-Mex Chicken Mexi-Corn Fiesta Rice Sliced Apples Tortilla Milk	<b>26</b> Lasagna with Meat Sauce California or Normandy Mix Pears Garlic Bread Dessert Milk
<b>29</b> Office & Sites Closed in Observance of the Memorial Day Holiday	<b>30</b> BBQ Pork Cabbage Baked Beans Orange Juice Bun Cookie Milk	<b>31</b> Roasted Chicken Succotash Roasted Red Potatoes Pears Cornbread Milk	<b>1</b> Spaghetti with Meat Sauce Green Beans Applesauce Bread Milk	<b>2</b> Chopped Steak Mixed Vegetables Mashed Potatoes Peaches Wheat Roll Milk