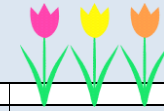




May 2018 Clermont Senior Services menu



	Monday	Tuesday	Wednesday	Thursday	Friday
BOX		1	2	3	4
LUNCH	<p>In accordance with Federal law and U.S. Department of Agriculture policy, this institution is prohibited from discrimination on the basis of race, color, national origin, sex, age, or disability. (Not all prohibited bases apply to all programs) To file a complaint of discrimination write USDA, Director Office of Civil Rights Room 326-W Whitten Building, 1400 Independence Ave, S.W. Washington, D.C. 20250-9410 or call (202)720-5964 (voice and TDD) USDA is an equal opportunity provider and employer.</p> <p>Complete meal consists of: 3 oz. Protein, 2 servings of Vegetables (1/2 cup ea.), 1 serving of Fruit (1/2 cup) or Juice (4 oz.), 2 servings of Bread/Starch, and 8 oz. Milk</p>	Roast Turkey w/Gravy Mashed Potatoes Vegetable Medley Wheat Bread / Margarine Grape Juice 100% Chocolate Elf Grahams	Spaghetti & Meatballs w/ Marinara Italian Vegetables Spinach / Vinegar Wheat Bread / Margarine Peaches Parmesan Cheese	Summer Salad w/ diced Eggs, Shredded Cheese, Grape Tomatoes, Broccoli Floret, Unsalted Saltine Crackers (2 pk) Ranch Dressing Apples Juice 100% Animal Crackers	Broccoli Cheddar Chicken Brown Rice Oregon Vegetables Corn Wheat Bread / Margarine Pears
WEEK		diet: same May Day	diet: same	diet: same	diet: same Star Wars Day
3	7	8	9	10	11
LUNCH	Hamburger w/ Swiss American Cheese Baked Beans Broccoli Bun Pineapple Mustard / Ketchup	Smoked Turkey Sausage w/ Sauerkraut Mashed Potatoes Green Beans Rye Bread (2 pcs) Fruit Cocktail Mustard / Ketchup	American Pasta Salad w/ diced Egg, Broccoli, Grape Tomatoes, Shredded Carrots Rotini Noodles Unsalted Saltine Crackers (2 pk) Orange Juice 100% Ranch Dressing	Grilled Chicken w/BBQ Sauce Potato Wedges Cheesy Broccoli Bun Applesauce	MOTHERS DAY CELEBRATION Salisbury Steak w/Gravy Whipped Sweet Potatoes Mixed Vegetables Wheat Bread / Margarine Cranberry Juice Mini Chocolate Eclairs (2 ea) <i>Diet Alt: Chocolate Sponge Cake</i>
WEEK	diet: same	diet: same VE DAY	diet: same	diet: same 	diet: same
4	14	15	16	17	18
LUNCH	Meatloaf w/ Gravy Mashed Potatoes diced Carrots Wheat Bread (2 pcs) Margarine Fruit Cocktail	Chili w/ Spaghetti Vegetable Medley (2 servings) shredded Cheddar Cheese Unsalted Saltine Crackers (2 pk) Pears	Turkey Sandwich on Wheat Potato Salad Coleslaw Peaches Mayo	Baked Chicken w/Gravy Herb Dressing Broccoli Cauliflower Wheat Bread / Margarine Strawberry Applesauce	May Birthday Celebration Cheese Pizza Peas & Onions Carrot Coins Apple Juice 100% Chocolate Sponge B'day Cake
WEEK	diet: same	diet: same 	diet: same	diet: same 	diet: same
5	21	22	23	24	25
LUNCH	Chicken & Brown Rice w/Gravy-9023 Broccoli diced Carrots Wheat Bread / Margarine Pears	Turkey Tetrizzini w/ Peas & Mushrooms Brussel Sprouts Baked Cinnamon Apples Dinner Roll / Margarine	Ham Sandwich on White 3 Bean Salad Potato Salad Fresh Orange Mustard	Country Fried Steak w/Gravy Potato Wedges Green Beans Dinner Roll / Margarine Grape Juice 100% Chocolate Sponge Cake	MEMORIAL DAY CELEBRATION BBQ Beef Peas & Onions Peach "Cobbler" Coleslaw Bun
WEEK	diet: same	diet: same	diet: same	diet: same	diet: same
6	28	29	30	31	
LUNCH		Hawaiian Pineapple Ham Sweet Potato Patties (2) Peas Wheat Bread (2pcs) Margarine Mandarin Oranges	Lemon Pepper Fish w/ Tartar Sauce Brown Rice Scandinavian Veggies (2 servings) Wheat Bread / Margarine Fruit Cocktail	Pork Cutlet w/Gravy Green Beans Beets Wheat Bread / Margarine Pears Animal Crackers	Chicken Potato Casserole Broccoli (2 servings) Wheat Bread (2 pcs) Margarine Peaches
WEEK		diet: same	diet: same	diet: same	diet: same
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