

SENIOR



May
2023

SERVING SENIORS
BOONE
LEE
OGLE
WINNEBAGO
COUNTIES

MENU IS SUBJECT
TO CHANGE WITHOUT
NOTICE

To make a
reservation
in Rockford

815-963-1609
or
1-800-779-1189

RESERVATIONS
&
CANCELLATIONS
CALL BY 10:00 AM
THE DAY BEFORE

***CHOICE A only sent to**
MEALS ON WHEELS
CLIENTS

THERE ARE
NO
SUBSTITUTIONS

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
1 ROSEMARY HERBED CHX MASHED POT/GRAVY GREEN BEANS WGR DINNER ROLL MIXED CITRUS FRUIT CUP	2 BAKED ZITI W\MEATSAUCE ITALIAN BLEND VEG. WGR GARLIC BREAD HOT APPLESAUCE	3 A.) LIVER & ONIONS MASHED POT/GRAVY GLAZED CARROTS WGR DINNER ROLL APRICOTS B.) MEATLOAF	4 TROPICAL CHIX SALAD CUCUMBER SLICES WGR CROISSANT PINEAPPLE JUICE	5 TILAPIA & GARLIC BUTTER WILD RICE CALIF. BLEND VEGGIES WGR DINNER ROLL FRUIT COCKTAIL
8 B.B.Q. CHIX BREAST WGR DINNER ROLL AUGRATIN POTATOES GREEN BEANS PINEAPPLE TIDBITS	9 A.) MEATLOAF CHEESY POTATOES BROCCOLI DICED PEARS WGR WHEAT BREAD 1 B.) HAM\VEGETABLE	10 BAKED CHICKEN QTR MASHED POT/GRAVY COIN CARROTS WGR DINNER ROLL PEACH COBBLER	11 MUSHROOM SWISS BURGER ON WGR BUN BUTTERED RED POT. BAKED BEANS APRICOTS	12 SOUTHWEST SALAD BLK BEANS, CORN, CHEESE CHICKEN,TOMATO,ONION WGR DINNER ROLL FRUIT JUICE
15 COUNTRY MEATBALLS MASHED POT \ GRAVY MIXED VEGETABLES WGR DINNER ROLL PEACHES	16 A.) CHICKEN PATTY WGR WHEAT BUN PEAS & CARROTS SCALLOPED POTATOES PINEAPPLE B.) HAM \ MINESTRONE	17 RAVIOLI W\MEATSAUCE GREEN BEANS CAULIFLOWER WGR GARLIC BREAD APRICOTS	18 ITAL. CHIX SALAD W\GREENS CARROTS, EGGS, CUKES TOMATOES, CHEESE WGR DINNER ROLL \ BUTTER FRUIT JUICE	19 CHEESY BEEF TACO WGR FLOUR TORTILLA LETTUCE\TOMATO SPANISH RICE \ BEANS FRESH FRUIT TACO SAUCE
22 CHICKEN PARMESAN PASTA W/ MARINARA SICILIAN BLEND VEG WGR DINNER ROLL DICED PEARS	23 SAUSAGE GRAVY W \ WGR BISCUIT HASH BROWN POTATO 2 SAUSAGE PATTIES ORANGE JUICE	24 POLISH SAUSAGE SAUERKRAUT POTATO WEDGES BAKED BEANS CHILLED APPLESAUCE WGR HOT DOG BUN	25 CHICKEN CAESAR SALAD GREENS, TOMATOES CUKES, , PARM.CHEESE WGR DINNER ROLL \ BUTTER FRUIT JUICE	26 A. PEPPER STEAK MASHED POT./GRAVY GLAZED CARROTS WGR WHEAT BREAD - 1 MANDARIN ORANGES B.) TURKEY/VEGETABLE
29 CLOSED	30 BBQ CHIX BREAST AUGRATIN POTATOES SEAS. GREEN BEANS WGR DINNER ROLL FRUIT COCKTAIL	31 TROPICAL CHIX SALAD CUCUMBER SLICES WGR CROISSANT PINEAPPLE JUICE		8 oz. Low Fat Milk served with all lunches.