

SENIOR

May
2024



**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
8 oz. Low Fat Milk served with all lunches. 		1	2	3
		SALISBURY STEAK MASHED POT/GRAVY BRUSSEL SPROUTS WGR WHEAT BREAD - 1 APRICOTS	SWEET AND SOUR MEATBALLS FLUFFY RICE BLENDED VEGGIES WGR DINNER ROLL DICED PEARS	A.) TUNA NOODLE CASSEROLE BROCCOLI\CARROTS PINEAPPLE TIDBITS WGR DINNER ROLL B.) CHIX SAL./TOMATO
6	7	8	9	10
BAKED CHIX BREAST MASHED POT \ GRAVY STEAMED PEAS WGR DINNER ROLL APPLESAUCE	CHICKEN CAESAR SALAD CROUTONS PARM CHEESE WGR DINNER ROLL \ BUTTER FRUIT JUICE	BAKED PORK CHOP MASHED POTATOES GREEN BEANS WGR DINNER ROLL CHERRY CRISP	ITALIAN SAUSAGE W\PEPPERS ON WGR BUN SEAS. POTATO WEDGES ITALIAN BLEND VEGGIES APRICOTS	A.) CRISPY FISH SAND. WGR WHEAT BUN\TARTAR HASH BROWNS PEAS DICED PEACHES B.) TURKEY/MINESTRONE
13	14	15	16	17
SALISBURY STEAK MASHED POT/GRAVY LIMA BEANS WGR DINNER ROLL MANDARIN ORANGES	SWEET/SOUR CHICKEN FLUFFY RICE STIR FRY VEGGIES WGR DINNER ROLL APRICOTS	MEATBALL SUB ON WGR ROLL PEAS & CARROTS SEASON POT. WEDGES DICED PEACHES	A.) PULLED PORK HAMBURGER BUN CHEESY MASHED BROCCOLI FRUIT COCKTAIL B.) TUNA SAL/CHIX RICE	TROPICAL CHIX SALAD TOMATO SLICES WGR CROISSANT MANDARIN ORANGES
20	21	22	23	24
BBQ RIBLETT WGR WHEAT BUN AUGRATIN POTATOES LIMA BEANS DICED PEARS	CREAMY CHICKEN PASTA CARROTS STEAMED PEAS WGR WHEAT BREAD - 1 CHILLED PINEAPPLE	CHEESEBURGER ON WGR WHEAT BUN TATOR TOTS BAKED BEANS FRUIT COCKTAIL	A.) LEMON PEPPER CHIX WILD RICE BROCCOLI WGR DINNER ROLL APPLESAUCE B.) HAM/VEGETABLE	SOUTHWEST SALAD BLK BEANS, CORN, CHEESE CHICKEN, TOMATO, ONION WGR DINNER ROLL FRUIT JUICE
27	28	29	30	31
CLOSED	BAKED ZITI W\MEATSAUCE ITALIAN BLEND VEG. WGR GARLIC BREAD HOT APPLESAUCE	A.) MEATLOAF MASHED POT/GRAVY GLAZED CARROTS WGR DINNER ROLL APRICOTS B.) LIVER & ONIONS	JUMBO HOT DOG W\BUN BAKED BEANS POTATO WEDGES MANDARIN ORANGES RELISH PACKET	ITAL. CHIX SALAD W\GREENS CARROTS, EGGS, CUKES TOMATOES, CHEESE WGR DINNER ROLL \ BUTTER FRUIT JUICE