**Melrose – L&M Cafe – Senior Congregate Meal Site – May 2023 Menu**

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| **Mon 1**  Broasted Chicken  Mashed Potatoes  Broccoli  Gelatin w/Fruit | **Tue 2** Sausage  Scrambled Eggs  Potato Pancake  Tomato Juice  Applesauce | **Wed 3**  Roast Pork  Mashed Potatoes  Cooked Cabbage  Mandarin Oranges | **Thu 4**  Fish  Cream Potatoes  Beets Mixed Fruit  3 Bean Salad | **Fri 5 HDM Only**  Hamburger on Bun  American Fries  Carrots  Apple |
| **Mon 8**  Chicken Stir with  Oriental Blend Veg  Over Rice  Gelatin w/Fruit | **Tue 9**  Liver & Onions  Mashed Potatoes  Corn  Apple | **Wed 10**  Ring Bologna  Cream Potatoes  Peas  Peaches | **Thu 11**  Fish  Baked Potato  Squash Coleslaw  Mandarin Oranges | **Fri 12 HDM Only**  Egg Salad Sandwich  Potato Salad  Spinach Salad  Banana |
| **Mon 15**  Broasted Chicken  Mashed Potato  Country Blend Veg  Gelatin w/Fruit | **Tue 16**  Spaghetti w/Meat  & Tomato Sauce  Wax Beans Pears  Garlic Toast | **Wed 17**  Brat  American Fries  Baked Beans  Applesauce | **Thu 18**  Fish  Augratin Potatoes  Carrots Coleslaw  Mixed Fruit | **Fri 19 HDM Only**  Roast Pork  Mashed Potatoes  Carrots  Apple |
| **Mon 22**  Cream Chicken over  Biscuit  Salad Broccoli  Gelatin w/Fruit | **Tue 23**  Meatballs  Mashed Potatoes  Sweet Potatoes  Pineapple | **Wed 24**  Pork Ribs  American Fries  Kraut Baked Beans  Applesauce | **Thu 25**  Fish  Garlic Potatoes  Beets  Mandarin Oranges | **Fri 26 HDM Only**  Hot Ham on Bun  Potato Rounds  3 Bean Salad  ½ Grapefruit |
| **Mon 29**  **Memorial Day**  **No Senior Meals**  **ADRC Office Closed** | **Tue 30**  Broasted Chicken  Mashed Potatoes  Summer Blend Veg  Fruit | **Wed 31**  Cubed Beef Steak w/Mushrooms &  Onions Cabbage  Mashed Potatoes  Fruit | ***\*\*All Menus are subject to change.\*\**** | ***Milk is served with every meal & is part of the daily required nutrition plan.*** |