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

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| **Mon 1**Broasted ChickenMashed PotatoesBroccoliGelatin w/Fruit | **Tue 2** SausageScrambled EggsPotato PancakeTomato JuiceApplesauce | **Wed 3**Roast PorkMashed PotatoesCooked CabbageMandarin Oranges | **Thu 4**FishCream PotatoesBeets Mixed Fruit3 Bean Salad | **Fri 5 HDM Only**Hamburger on BunAmerican FriesCarrotsApple |
| **Mon 8**Chicken Stir withOriental Blend VegOver RiceGelatin w/Fruit | **Tue 9** Liver & OnionsMashed PotatoesCornApple | **Wed 10**Ring BolognaCream PotatoesPeasPeaches | **Thu 11**FishBaked PotatoSquash ColeslawMandarin Oranges | **Fri 12 HDM Only**Egg Salad SandwichPotato SaladSpinach SaladBanana |
| **Mon 15**Broasted ChickenMashed PotatoCountry Blend VegGelatin w/Fruit | **Tue 16**Spaghetti w/Meat& Tomato SauceWax Beans PearsGarlic Toast | **Wed 17** BratAmerican FriesBaked BeansApplesauce  | **Thu 18**FishAugratin PotatoesCarrots ColeslawMixed Fruit | **Fri 19 HDM Only**Roast PorkMashed PotatoesCarrotsApple |
| **Mon 22**Cream Chicken overBiscuitSalad BroccoliGelatin w/Fruit | **Tue 23**MeatballsMashed PotatoesSweet PotatoesPineapple | **Wed 24** Pork RibsAmerican FriesKraut Baked BeansApplesauce  | **Thu 25**FishGarlic PotatoesBeetsMandarin Oranges | **Fri 26 HDM Only**Hot Ham on BunPotato Rounds3 Bean Salad½ Grapefruit |
| **Mon 29****Memorial Day****No Senior Meals****ADRC Office Closed** | **Tue 30**Broasted ChickenMashed PotatoesSummer Blend VegFruit | **Wed 31**Cubed Beef Steak w/Mushrooms &Onions CabbageMashed PotatoesFruit | ***\*\*All Menus are subject to change.\*\**** | ***Milk is served with every meal & is part of the daily required nutrition plan.*** |