

MOW May 2019

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
			1 Picadillo Brown Rice Mixed Vegetables Dessert	2 Cheeseburger Roasted Potatoes Fresh Vegetable Dessert	3 Arroz Con Pollo Green beans Sweet Potatoes	4 Garden Salad with a Scoop of Tuna Salad Muffin
5 Roasted Turkey w/homemade dressing Peas & Pearl Onions Roasted Potatoes	6 Vegetable Chili w/brown rice Squash Dessert	7 BBQ Pork Baked Beans Coleslaw Peach Cobbler	8 Salisbury Steak Mashed Potatoes Green Beans Dessert	9 Chicken Cacciatore Spaghetti Marinara Broccoli & Cauliflower Dessert	10 Tuna Casserole Mixed Vegetables Dessert	11 Cuban Sandwich Potato Salad Cucumber Salad
12 Chicken Divan Broccoli Dessert	13 Penne Alfredo Green Peas Dessert	14 Sweet Potato & Sausage Strata Home fries Harvard Beets	15 Turkey Meatloaf w/sautéed pineapple Mashed Sweet Potatoes Sautéed Greens	16 Spaghetti Bolognese Broccoli Dessert	17 Crab Cakes Mashed Potatoes Summer Squash Dessert	18 Chef's Salad Chocolate Zucchini Bread
19 Pulled Pork Mojo Rice Peas Dessert	20 Chicken Fried Rice Stir Fry Vegetables Dessert	21 Italian Sausage and Peppers over Rice Stewed White Beans Dessert	22 Baked Ziti Zucchini Dessert	23 Baked Chicken Roasted Sweet Potatoes Green Beans	24 Corn Flake Crusted Fish Rice Pilaf Mixed Vegetables Dessert	25 Antipasti Salad Dinner Roll
26 Beef & Sausage Lasagna Green Beans Dessert	27 Shrimp & Grits Fresh Vegetable Dessert	28 Macaroni and Beef Summer Squash Dessert	29 Jerk Chicken Caribbean Rice & Peas Sweet Potatoes Dessert	30 Kielbasa & Sauerkraut Green Beans Dessert	31 Linguini w/Clam Sauce Zucchini & Yellow Squash Dessert	