



May 2023 Congregate Meal Menu



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
May 1	May 2	May 3	May 4	May 5
Mango BBQ Chicken Breast 1/2c. Brown Rice 1/2c. Carrots Wheat Bread Fresh Orange	Cheddar Cheese Omelet w/ Ham, Peppers, Onions, Cheese 1 Sausage Patty 1/2c Breakfast Potatoes 1 English Muffin w/ Jelly 4oz Apple Juice	Baked Crab Cake 1/2c Parmesan Garlic Noodles 1/2c Peas 1 Wheat Bread Seasonal Fresh Fruit	Pasta & Meatballs (4) 1/2c Pasta w/ Marinara 1c Tossed Salad w/ Tomato 1 Garlic Breadstick 1/2c Mixed Fruit Salad	Creamy Parmesan Pork Chop 1/2c Diced Redskin Potatoes 1/2c Green Beans 1 Dinner Roll 1/2c Pineapple Tidbits Cookie
May 8	May 9	May 10	May 11	May 12
Chicken Cacciatore (2oz Tomato Sauce, Peppers, Onions) 1/2c. Blended Rice 1/2c Peas 1 Breadstick 1/2c Applesauce	Pot Roast w/ Gravy 1/2c Mashed Potatoes 1/2c Coin Carrots 1 Italian Bread 1/2c Peach Crisp	Stadium Hot Dog 1/2c Cheesy Potatoes 1 Hot Dog Roll 1/2c Pineapple & Mandarin Oranges	Salisbury Steak w/ Gravy Baked Potato w/ Margarine 1/2c Corn 1 Wheat Bread 1/2c Gelatin	BBQ Pork Ribette 1/2c Creamy Coleslaw 1/2c Green Beans 1 Sandwich Roll Seasonal Fresh Fruit
May 15	May 16	May 17	May 18	May 19
Taco Salad (3oz Taco Meat, .5oz Cheddar, Lettuce, Tomato, Salsa) Tortilla Chips 1/2c Corn w/ Pimentos 1/2c Pineapple	Swedish Meatballs (4) w/ Gravy 1/2c Buttered Noodles 1/2c Peas 1 Dinner Roll Seasonal Fresh Fruit	Baked Cabbage Casserole w/ 2oz Sauce 1c. Tossed Salad w/ Tomato 1/2c Carrots 1 White Bread Seasonal Fresh Fruit	Baked Pollock 1/2c Macaroni & Cheese 1/2c Stewed Tomatoes 1 Wheat Bread 1/2c Mandarin Oranges	Roasted Pork w/ Peach Glaze 1/2c Whipped Potatoes w/ Chives 1/2c Mixed Vegetables 1 Wheat Bread Cookie
May 22	May 23	May 24	May 25	May 26
Sweet & Sour Pork 1/2c. Rice 1/2c. Peas 1 Wheat Bread Seasonal Fresh Fruit	Parmesan Chicken Over 1/2c. Lemon Asparagus Pasta 1c. Tossed Salad W/Tomato 1 Italian Bread 1/2c. Apple Crisp	1c. Pizza Casserole 1c Tossed Salad 1/2c Green Beans 1 Italian Bread 1/2c Applesauce	Cheeseburger w/ Lettuce, Tomato 1/2c Potato Salad 1 Hamburger Roll Seasonal Fresh Fruit	Turkey Chef Salad (2oz Turkey, 1oz Cheddar, over 1c Mixed Greens w/ Tomato) 1/2c Three Bean Salad 1 Dinner Roll 1/2c Gelatin
MEMORIAL DAY May 29	May 30	May 31		
	Chicken & Biscuits 1/2c Mixed Vegetables 2 Mini Biscuits Seasonal Fresh Fruit	Baked Meatloaf w/ Gravy Baked Potato w/ Margarine 1/2c Beets 1 White Bread Seasonal Fresh Fruit		

Please call the center at 717-938-4649 or go to www.community.copilot21.com to reserve your meal by 10:30 AM at least one business day in advance.

*** Served daily: 8 ounces milk ~ All meals are subject to change ***