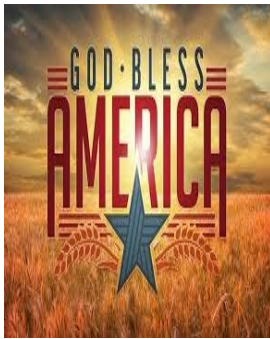


Defiance County Senior Services

May Menu 2016

For questions regarding your meals, please contact Robin at 419-782-3321

Monday	Tuesday	Wednesday	Thursday	Friday
<p>2 Ham Alt= chicken breast Sweet Potatoes California Blend Vegetables Peaches Dinner Roll</p>	<p>3 Sweet and Sour Pork over Rice Stir Fry Vegetables Tropical Fruit Salad Wheat Bread Cookie Ncs= SF cookie</p>	<p>4 Cheeseburger Steak Fries Baked Beans Grape Juice Salad Bar in Cafe</p>	<p>5 Pork Chop Cabbage Scalloped Potatoes Fresh Apple Garlic Bread</p>	<p>6 Swiss Steak European Blend Vegetables Mashed Potatoes Mandarin Oranges Wheat Roll Birthday Cake Ncs= angel food cake</p>
<p>9 Swedish Meatballs & Noodles Sicilian Blend Vegetables Broccoli Peachy / Cherry Sauce Breadstick</p>	<p>10 Chicken Salad on Croissant with Lettuce Leaf Ranch Seashell Pasta Salad Carrot & Celery Sticks Peaches Cinnamon pull-apart Ncs = SF Cookie</p>	<p>11 Turkey & Gravy Mashed Potatoes Mixed Vegetables Grape Juice Wheat Roll Salad Bar in Cafe</p>	<p>12 Sausage / Egg & Cheese on an English Muffin Tater Tots Stewed Tomatoes Raisins</p>	<p>13 Parmesan Crusted Chicken Red Skin Potatoes Broccoli Banana Wheat Bread Cheesecake Ncs= SF Pudding</p>
<p>16 German Goulash Winter Blend Vegetables Green Beans Apricots Garlic Bread</p>	<p>17 Oven Fried Chicken Mashed Potatoes Asparagus Wheat Bread Apple Crisp Ncs= SF Cookie</p>	<p>18 Pepperoni Pizza LS Alt = Cheese Pizza Toss Salad Cottage Cheese w/ Pineapple Tidbits Bosco Stick Apple Juice Salad Bar in Café</p>	<p>19 Creamed Chicken over a Biscuit Peas & Carrots Harvard Beets Mandarin Oranges</p>	<p>20 Roast Beef with Gravy Mashed Potatoes Carrots Pears Wheat Roll Rice Krispy Treat Ncs= SF Cookie</p>
<p>23 Roast Pork with Gravy Navy Beans Stewed Tomatoes Mandarin Oranges Cornbread</p>	<p>24 Spaghetti & Meat Sauce Squash Green Beans Pineapple Garlic Bread Chocolate Pudding Ncs= SF pudding</p>	<p>25 Roast Beef & Cheese Sandwich Potato Salad Cucumber Salad Peaches Salad Bar in Café</p>	<p>26 Dinner Ham Alt= Chicken Breast Sweet Potato Fries Tropical Fruit Corn Wheat Roll</p>	<p>27 BBQ Pork Sandwich Baked Beans Cole Slaw Apple Slices Sugar Cookie Ncs= SF Cookie</p>
<p>30 Defiance County Senior Services is closed for Memorial Day</p>	<p>31 Sweet & Sour Chicken over Rice Spring Blend Vegetables Banana Wheat Bread Cookie Ncs= SF Cookie</p>	 <p>A graphic with the text "GOD BLESS AMERICA" in a stylized font, featuring a large blue star in the center, set against a background of a golden field of wheat under a cloudy sky.</p>	<p>For The Health of It - May 10th ★ ★ ★ Senior Prom May 18th Details for both events in this newsletter</p>	<p>"nsc" means that we can provide a no concentrated sweets dessert. "s.f." means sugar free. All breads and rolls are whole wheat unless specified.</p>