



Sunland Dining Center May 2024 - Congregate Menu

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
	MARLINE MOTTS DINING COORDINATOR SUGGESTED DONATION OF \$3.10 FOR THOSE 60 YEARS OLD AND OVER	1. Enchilada Casserole (Turkey) Pinto Beans Mesclun Salad Mix w/Cilantro Dressing *Mango/Pineapple Fruit Cup Low fat Milk	2. Hungarian Goulash (Beef) w/Elbow Macaroni Whole Grain Roll Roasted Brussels Sprouts Herbed Carrots *Fresh Orange & Oatmeal Low fat Milk Cookie	3. *Orange Juice Beef Tamale Mexican Brown Rice Pinto Beans Mixed Green Salad w/Cilantro Fresh Fruit & Flan Dressing Low fat Milk *CINCO DE MAYO MAY 5TH
6. BBQ Chicken Whole Grain Roll Corn Chopped Mixed Salad w/Ranch *Strawberries Dressing Low fat Milk	7. Salmon w/Dill Sauce Whole Grain Roll Sweet Potato *Tri Color Coleslaw Cinnamon Applesauce Low fat Milk	8. Asian Beef Stir Fry w/Mixed Asian Vegetables Brown Rice Beet Salad *Cantaloupe OR Tangerine Low fat Milk	9. *Orange Juice Vegetarian Chili Cornbread Green Beans Mixed Salad Greens w/French Dressing Banana Low fat Milk	10. *Orange Juice Herb Lemon Chicken Brown Rice Pilaf Baked Butternut Squash OR Fresh Sweet Potato Romaine Salad w/Ranch Drsg Fresh Fruit in Season/Decorated Low fat Milk Cake
13. *Orange Juice Spaghetti w/Meat Sauce (Turkey) Broccoli Mesclun Salad Mix w/Italian Dressing Fresh Pear OR Peach Low fat Milk *MOTHER'S DAY MAY 12TH	14. Mediterranean Chicken Pita Bread & Hummus Brown Rice Pilaf Roasted Vegetables Lentil Salad w/Cucumbers & Vinaigrette Dressing *Cantaloupe OR Tangerine Low fat Milk	15. Roast Turkey Breast w/Cranberry Sauce Whole Grain Stuffing Potato Butternut Squash OR Sweet Green Peas w/Mushrooms *Kiwi OR Orange Lemon Pudding Low fat Milk	16. Tuna Nicoise Salad Cold Plate Whole Grain Roll Herbed Potato Salad or Herbed Roasted Potatoes *Creamy Coleslaw Apple Low fat Milk	17. Beef Fajita Flour Tortilla Spanish Brown Rice Pinto Beans Tossed Green Salad w/Cilantro Dressing *Pineapple & Mango Fruit Cup Low fat Milk
20. Chicken Dijon Whole Grain Roll Rosemary Mashed Potatoes Chopped Mixed Salad w/Kale, Lettuce, & Cucumber w/Vinaigrette Dressing Fresh Fruit in Season Low fat Milk FOOD BANK	21. *Orange Juice Stuffed Bell Pepper (Turkey) Dinner Roll Mixed Vegetables Romaine Salad w/Tomatoes & 1000 Island Dressing Apple AND/OR Red Gelatin Cubes w/Yogurt Low fat Milk	22. Vegetable Frittata w/Onions, Mushrooms, & Potatoes Whole Grain Roll Lima Beans & Corn Spinach, Shredded Cabbage & Brussels Sprouts Salad w/Ranch Pear OR Nectarine Drsg Low fat Milk	23. Korean BBQ (Beef) Herbed Brown Rice Sauté Zucchini w/Sesame Seeds Broccoli Salad w/Sliced Radish Pineapple Low fat Milk	24. *Orange Juice BBQ Chicken on WG Bun Macaroni Salad Roasted Corn Tossed Green Salad w/Ranch Dressing Watermelon Low fat Milk
27. CENTER CLOSED IN OBSERVANCE OF 	28. Meatloaf w/Mushroom Sauce Whole Grain Roll (Beef) Garlic Mashed Potatoes Green Beans *Cantaloupe OR Orange Low fat Milk	29. Caribbean Chicken Brown Rice Pilaf Broccoli Carrot, Bell Pepper, & Celery Salad Fresh Fruit in Season Low fat Milk	30. Fish Taco Corn Tortilla Pinto Beans Chopped Mixed Salad w/Romaine, Kale & Ranch Peach OR Plum Dressing Low fat Milk	31. *Orange Juice Beef Bolognese w/Penne Pasta Herbed Zucchini & Yellow Squash Caesar Salad w/Croutons & Caesar Dressing Fruit Cup (Apple & Melon) Low fat Milk

Lunch served at 11:30 AM – please arrive early to secure your meal! MENU IS SUBJECT TO CHANGE WITHOUT NOTICE. *Vitamin C Source