

# MERCED COUNTY SENIOR LUNCHEON MENU MAY 2023

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<b>1</b> BBQ Chicken *CA Mixed Vegetables +Crispy Corn Salad WW Bread w/margarine Peaches	<b>2</b> Spinach Mushroom Pasta Bake +Cauliflower Tossed Green Salad Pears WW Roll w/margarine	<b>3</b> Meatloaf w/gravy +Mashed Potatoes *Peas and Carrots Pineapple Chunks WW Bread w/margarine	<b>4</b> Pulled Pork Sandwich on WW Bun +Coleslaw w/bell peppers *Carrot Raisin Salad Applesauce	<b>5</b> Lemon Tilapia Brown Rice *Carrot Coins +Broccoli Fruit Cocktail
<b>8</b> Herb Roasted Chicken +Mashed Potatoes *CA Mixed Vegetables WW Bread w/Margarine Pears	<b>9</b> Calico Beans Cornbread w/margarine +Crispy Corn Salad *Apricot Halves	<b>10</b> Seafood Salad Romaine Salad w/dressing Carrot Raisin Salad * +Mandarin Oranges WW Bread w/margarine	<b>11</b> Beef Stew (carrots/potatoes/celery/onions) Spinach Salad +Mandarin Oranges Biscuit	<b>12</b> Oven Baked Chicken Potato Wedges +Broccoli Raisin Salad Applesauce Whole Bread w/margarine
<b>15</b> Hamburger *Sweet Potato Salad +Crispy Corn Salad Fruit Cocktail	<b>16</b> Tilapia Tacos/Corn Tortillas +Citrus Cabbage Slaw Tomato Cucumber Salad Pineapple Chunks	<b>17</b> Macaroni and Cheese +Broccoli Tossed Green Salad Peaches	<b>18</b> Mushroom Chicken Brown Rice *Sauteed Spinach Green Beans +Mandarin Oranges	<b>19</b> Sloppy Joe on WW Bun Romaine Salad +Coleslaw w/bell peppers Apricot Halves
<b>22</b> Arroz con Pollo *Peas and Carrots +Cauliflower Green Salad Pineapple Chunks	<b>23</b> Spaghetti with Meat Sauce Green Beans Spinach Salad +Orange Slices	<b>24</b> Italian Sausage Bake +Broccoli *Carrot Coins Garlic Bread** Applesauce	<b>25</b> Chicken Enchilada Casserole Pinto Beans +Crispy Corn Salad Pears	<b>26</b> Stuffed Pepper Casserole *CA Mixed Vegetables WW Roll w/margarine +Mandarin Oranges
<b>29</b>  <div style="text-align: center;"> <b>Memorial Day</b>   <b>Holiday</b> </div>	<b>30</b> Turkey Sandwich *Carrot Raisin Salad Three Bean Salad +Mandarin Oranges	<b>31</b> Beef Tacos *Carrot Coins Pinto Beans +Orange Slices	All meals in this program provide 1/3 of the Dietary Reference Intake as directed by the Older Californian Nutrition Program 1% milk served with all meals	Meal >1000 mg sodium) += good Vitamin C source *= good Vitamin A source 1% Milk offered at all meals Whole grains served unless indicated otherwise

ENJOY A NOON MEAL WITH OTHER SENIORS AT



- ATWATER 209-761-8153
- DOS PALOS 209-761-7186
- LIVINGSTON 209-761-8631
- LOS BANOS 209-761-8971
- MERCED 209-761-8284
- PLANADA 209-761-8738
- WINTON 209-761-8239

Cost of meal is based on Suggested Contribution of \$2.00

Guest Cost \$8.00 (age <60)

**MAY 2023**  
Senior Nutrition Program

**No eligible individual shall be denied participation because of failure or inability to contribute.**

**MEALS on WHEELS**  
MERCED COUNTY HUMAN SERVICES AGENCY

Please call at least one day in advance to reserve a meal. For Seniors 60 or older. Menu approved: Sally Gerling, MS, RDN, CDE Approved 4/12/2023