

JACKSON COUNTY
SENIOR NUTRITION PROGRAM



Jackson County Department On Aging

CONGREGATE

May 2025

Reservations needed one day in advance: **CALL 768-8684**
LUNCH SERVED AT NOON

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
May 1 PROM Dinner Dance Sliced Roast Beef w/gravy Redskin Mashed Garden Salad Mandarin Oranges Roll Milk Lemon Cake			1 Tuna Mac 37 Broccoli 4 Hot Spiced Apples 20 Milk 11 Total Carbohydrates 72	2 Salisbury Steak 5 Mashed Potatoes 22 Normandy Blend Veggies 5 Roll 20 Fresh Fruit 15 Milk 11 Total Carbohydrates 78 <i>Chef's Choice Dessert</i>
5 Fish Sandwich 42 Macaroni & Cheese 22 Stewed Tomatoes 8 Fresh Fruit 15 Milk 11 Total Carbohydrates 98	6 Smothered Chicken 8 Tater Tot Casserole 22 Brussels Sprouts 5 Roll 20 Fresh Fruit 15 Milk 11 Total Carbohydrates 81	7 Spaghetti & Meatballs 45 Italian Blend Veggies 8 Green Peas 10 Fresh Fruit 15 Milk 11 Total Carbohydrates 88 <i>Cookie</i>	8 Chicken Chop Suey over rice 40 Oriental Veggies 5 Hot Spiced Apples 20 Milk 11 Total Carbohydrates 76 <i>Chef's Choice Dessert</i>	9 Homestyle Meatloaf 6 Red Skin Potatoes 15 Tuscan Blend 6 Roll 20 Fresh Fruit 15 Milk 11 Total Carbohydrates 86 <i>Chef's Choice Dessert</i>
12 Chicken Cordon Bleu 5 Sweet Potato Casserole 22 Antigua Blend 5 Roll 20 Fresh Fruit 15 Milk 11 Total Carbohydrates 78 <i>Mother's Day Treat</i>	13 Cheese Lasagna 29 Mixed Vegetables 12 Cauliflower 5 Fresh Fruit 15 Milk 11 Total Carbohydrates 72 <i>Cookie</i>	14 Sloppy Joe 46 Tater Tot Casserole 22 Peas & Carrots 10 Fresh Fruit 15 Milk 11 Total Carbohydrates 103 <i>Cookie</i>	15 Southwest Chicken & Rice 42 Broccoli 4 Hot Spiced Peaches 20 Milk 11 Total Carbohydrates 77 <i>Chef's Choice Dessert</i>	16 Seafood Pasta 35 California Blend 5 Green Beans 5 Fresh Fruit 15 Milk 11 Total Carbohydrates 86 <i>Chef's Choice Dessert</i>
19 Chicken & Peppers 3 Corn & Black Bean Fiesta 24 Re-Fried Beans 22 Flour Shell & Taco Sauce 36 Fresh Fruit 15 Milk 11 Total Carbohydrates 111	20 Goulash 45 Broccoli 4 Cauliflower 5 Fresh Fruit 15 Milk 11 Total Carbohydrates 80 <i>Cookie</i>	21 Breaded Pork w/Country Gravy 8 Au Gratin Potatoes 22 Mixed Veggies 12 Roll 20 Applesauce Cup 15 Milk 11 Total Carbohydrates 88 <i>Cookie</i>	22 Wiley Potato 45 Antigua Blend 5 Hot Spiced Apples 20 Roll 20 Milk 11 Total Carbohydrates 101 <i>Chef's Choice Dessert</i>	23 Cheeseburger 30 Macaroni & Cheese 22 Mixed Vegetables 12 Fresh Fruit 15 Milk 11 Total Carbohydrates 90 <i>Chef's Choice Dessert</i>
26 Memorial Day Closed	27 Swedish Meatballs over Penne 44 Mixed Vegetables 8 Brussel Sprouts 5 Fresh Fruit 15 Milk 11 Total Carbohydrates 83 <i>Cookie</i>	28 Brat & Sauerkraut 7 Carrots 7 Green Beans 5 Roll 20 Milk 11 Total Carbohydrates 50 <i>Cookie</i>	29 Cheesy Shells w/Chicken & Peas 36 Zucchini & Tomatoes 7 Hot Spiced Apples 5 Milk 11 Total Carbohydrates 63 <i>Chef's Choice Dessert</i>	30 Sweet & Sour Chicken over Rice 40 Broccoli 4 Carrots 7 Milk 11 Total Carbohydrates 62 <i>Chef's Choice Dessert</i>

Menus approved by:
Sarah Pollack, RDN, CDCES

* Substitutions by kitchen staff may be made if needed