JACKSON COUNTY
SENIOR NUTRITION PROGRAM

Jackson County Department On Aging
HOME DELIVERED MEALS
May 2025

For cancellation call: (517) 768-8684
Meals on Wheels Clerk

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
			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
5 Fish Sandwich 42 Macaroni & Cheese 22 Stewed Tomatoes 8 Fresh Fruit 15 Milk 11	**6** Smothered Chicken 8 Tater Tot Casserole 22 Brussel 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* 89	**8** Chicken Chop Suey over rice Oriental Veggies Hot Spiced Apples 20 Milk 11 Fortune Cookie *Total Carbohydrates*	**9** Homestyle Meatloaf 6 Red Skin Potatoes 15 Tuscan Blend 6 Roll 20 Fresh Fruit 15 Milk 11 *Total Carbohydrates* 73
12 Chicken Cordon Bleu 5 Sweet Potato Casserole 22 Antiqua Blend 5 Roll 20 Fresh Fruit 15 Milk 11 *Total Carbohydrates* 78	**13** Cheese Lasagna 29 Mixed Vegetables 12 Cauliflower 5 Fresh Fruit 15 Milk 11 *Total Carbohydrates* 72	**14** Sloppy Joe 46 Tater Tot Casserole 22 Peas & Carrots 10 Fresh Fruit 15 Milk 11 *Total Carbohydrates* 103	**15** Southwest Chicken & Rice 42 Broccoli 4 Hot Spiced Peaches 20 Milk 11 *Total Carbohydrates* 77	**16** Seafood Pasta 35 California Blend 6 Green Beans 10 Fresh Fruit 15 Milk 11 *Total Carbohydrates* 77
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	**21** Breaded Pork w/Country Gravy 8 Au Gratin Potatoes 22 Mixed Veggies 12 Roll 20 Applesauce Cup 15 Milk 11 *Total Carbohydrates* 88	**22** Wiley Potato 45 Antigua Blend 5 Hot Spiced Apples 20 Roll 20 Milk 11 *Total Carbohydrates* 101	**23** Cheeseburger 30 Macaroni & Cheese 22 Mixed Vegetables 12 Fresh Fruit 15 Milk 11 *Total Carbohydrates* 90
26 **Memorial Day** **Closed**	**27** Swedish Meatballs over Penne 44 Mixed Veggies 8 Brussel Sprouts 5 Fresh Fruit 15 Milk 11 *Total Carbohydrates* 83	**28** Brat & Sauerkraut 7 Carrots 7 Green Beans 5 Roll 20 Milk 11 *Total Carbohydrates* 50	**29** Cheesy Shells w/Chicken & Peas 36 Zucchini & Tomatoes 7 Hot Spiced Apples 5 Milk 11 *Total Carbohydrates* 63	**30** Sweet & Sour Chicken over Rice 40 Broccoli 4 Carrots 7 Milk 11 *Total Carbohydrates* 62

Menus approved by:
Sarah Pollack, RDN, CDCES

* Substitutions may be made if needed