



HEARTS & N
ACTIVITY CE

Lunch Menu

May 2024				
Monday	Tuesday	Wednesday	Thursday	Friday
		1 Beef Tortellini with Mixed Vegetables	2 Stuffed Bell Peppers with rice, green beans, peas, corn, and bread	3 Italian Meatballs with noodles, zucchini, carrots, broccoli, and bread
6 Turkey Chili with mashed sweet potatoes, brussels sprouts, and a dinner roll	7 Cheese Ravioli in Meat Sauce with steamed broccoli, cauliflower, and a dinner roll	8 Vegetable Stew with chicken, potatoes, and quinoa	9 Ricotta and Mushroom Manicotti with marinara sauce, broccoli, and a dinner roll	10 Mexican Chicken Stew with roasted green chilies, corn, black beans, and brown rice
13 Chili Con Carne with brown rice and sugar snap peas	14 Chicken Cheese Enchilada with tomatillo sauce, pinto beans, and brown rice	15 Barley Beef Stew with yellow squash, carrots, and a dinner roll	16 Roast Turkey with gravy, roasted butternut squash, and whole grain stuffing	17 Baked Tofu with stir-fried vegetables and brown rice
20 Beef Ravioli in Light Cream Tomato Sauce with green beans and corn	21 Eggplant Parmigiana with whole wheat rigatoni and pesto sauce	22 Fricassee de Pollo with black beans and brown rice	23 Beef Meatloaf with roasted sweet potatoes and zucchini	24 Turkey Stroganoff with whole wheat noodles and steamed broccoli
27 CLOSED FOR MEMORIAL DAY	28 Pot Roast with mashed potatoes, sautéed kale, and a dinner roll	29 Chicken Tikka Masala with brown rice and green beans	30 Colombian Beef Stew with polenta and green onions	31 Chicken Cacciatore with creamy polenta and green peas

*NOTE: Meals are prepared by an offsite catering company and are overseen by a dietician.
Menu items are subject to change based on availability. Seasonal fresh fruit is included with meal delivery.*



Snack Menu

May 2024				
Monday	Tuesday	Wednesday	Thursday	Friday
		1 AM: Yogurt PM: Cornbread Muffin	2 AM: Cream Cheese with Toast PM: Sliced Peaches	3 AM: Scrambled Eggs with Toast PM: Mandarin Oranges
6 AM: Waffles PM: Sliced Pears	7 AM: Cereal PM: Banana	8 AM: Cottage Cheese with Fruit PM: Fruit Cup	9 AM: Oatmeal PM: Orange	10 AM: Buttered Toast PM: Sliced Apples
13 AM: Pancakes PM: Sliced Pears	14 AM: French Toast PM: Banana	15 AM: Cream Cheese with Crackers PM: Fruit Cup	16 AM: Applesauce with Crackers PM: Orange	17 AM: Yogurt PM: Sliced Apples
20 AM: Waffles PM: Sliced Pears	21 AM: Oatmeal PM: Banana	22 AM: Cereal PM: Fruit Cup	23 AM: Scrambled Eggs with Bread PM: Orange	24 AM: Cottage Cheese with Bread PM: Sliced Apples
27 CLOSED FOR MEMORIAL DAY	28 AM: Pancakes PM: Banana	29 AM: Yogurt PM: Fruit Cup	30 AM: Cheese with Crackers PM: Orange	31 AM: Scrambled Eggs with Bread PM: Sliced Apples