




May 2017



**MEALS ON WHEELS BY ACC
"ALL SEASONS CAFE"**

SUGGESTED DONATION: \$2.00 PER MEAL

Menu Subject to Change Without Notice

MONDAY		TUESDAY		WEDNESDAY		THURSDAY		FRIDAY	
Mushroom Swiss Chicken Breast & Rice Cinnamon Apples Peas & Carrots Bran Muffin w/Marg Blended Juice	1	Chipotle Meatloaf (beef) Red Skin Potatoes Seasoned Green Beans Whole Wheat Bread w/Marg Pineapple Cup	2	Grilled Pork* w/Gravy Mixed Greens Sweet Potatoes Whole Wheat Bread w/Marg Raisins	3	Pesto Chicken Carrots Brussels Sprouts Whole Wheat Bread w/Marg Banana	4	Spaghetti and Meatballs (beef) Whole Kernel Corn Broccoli Whole Wheat Bread w/Marg Apple	5
Beef Patty w/Onion Gravy Red Skin Potatoes Broccoli Whole Wheat Bread w/Marg Grape Juice	8	Chicken Cacciatore Asparagus Hash Browns Whole Wheat Bread w/Marg Apple	9	Tilapia (fish) w/Spinach Sauce Sweet Potatoes Cauliflower Bran Muffin w/Marg Applesauce Cup	10	Veal (beef) Parmesan Carrots Green Pea Blend Whole Wheat Bread w/Marg Raisins	11	Honey Mustard Chicken Sweet Potatoes Brussels Sprouts Whole Wheat Bread w/Marg Banana	12
New Orleans Chicken & Rice Sweet Potatoes Green Beans Whole Wheat Bread w/Marg Mixed Fruit Cup	15	All Beef Patty w/Gravy Mixed Greens Seasons Vegetables Whole Wheat Bread w/Marg Raisins	16	Penne Chicken Alfredo Carrots Corn w/Peppers Whole Wheat Bread w/Marg Orange	17	Breakfast Scramble* Asparagus Hash Browns Whole Wheat Bread w/Marg Banana	18	Beef & Chipotle Cheesy Rice Whole Kernel Corn Broccoli Whole Wheat Bread w/Marg Orange Juice	19
Sausage* & Beans Winter Vegetables Cabbage Whole Wheat Bread w/Marg Raisins	22	Pollock (fish) w/Coconut Rice Cinnamon Apples Broccoli Whole Wheat Bread w/Marg Apple Juice	23	Chicken Florentine Asparagus Carrots Bran Muffin w/Marg Strawberry Applesauce	24	Beef Meatballs w/Alfredo Shells Whole Kernel Corn Green Beans Whole Wheat Bread w/Marg Orange	25	Southwest Chicken Sweet Potatoes Broccoli Whole Wheat Bread w/Marg Banana	26
 MEMORIAL DAY NO MEAL SERVICE	29	BBQ Chicken Breast Sweet Potatoes Broccoli Whole Wheat Bread w/Marg Grape Juice	30	Beef Meatballs w/Rice & Gravy Peas & Carrots Cauliflower Whole Wheat Bread w/Marg Pear Cup	31	For more information about our program, visit our website at www.mowsac.org			