


May 2024

Bay Count Department on Aging

HDM/Congregate Menu

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
		<p>(1) SLOW-COOKED BEEF POT ROAST (2) Mashed Potatoes(17) w/Beef Gravy (2) Stewed Tomatoes (15) Whole Wheat Bread (10) Apple (21)</p>	<p>(2) SWEET AND SOUR PORK (22) Steamed Brown Rice (16) Colorful Peas & Carrots (9) Pineapple Bits(15) Whole Wheat Bread (10)</p>	<p>(3) POTATO HAM CHOWDER (27) Mixed Vegetables (11) Garlic and Cheese Biscuits (10) White Chocolate Raspberry Cookie (28)</p>
<p>(6) CHICKEN & PASTA ALFREDO (21) Broccoli Florets (4) Chocolate Chip Cookie (27)</p>	<p>(7) SLOPPY JOES (8) ON A WHOLE WHEAT BUN (25) Oven-Baked Potato (33) Winter Blend Vegetables (5) Gelatin Cup (5)</p>	<p>(8) PULLED CHICKEN BBQ SANDWICH (35) WHOLE WHEAT BUN (25) Mixed Vegetables (11) Baked Beans w/Ham (29) Orange (0)</p>	<p>(9) TENDER BEEF TIPS (8) Buttered Noodles (13) Glazed Carrots (10) Honey Wheat Dinner Roll (12) Apple (21)</p>	<p>(10) SCRAMBLED EGGS (3) Sausage Links (1) Seasoned Cube Potatoes (20) Cinnamon Roll (10) Orange Juice Box (13)</p>
<p>(13) LASAGNA (25) Dinner Roll (19) Italian Blend Veggies (6) Oreo 4 Ct (33)</p>	<p>(14) CHICKEN BREAST W/ TARRAGON GRAVY (4) Steamed Brown Rice (17) Colorful Peas and Carrots (9) Tropical Fruit Salad (21)</p>	<p>(15) BAKED TURKEY (3) Mashed Potatoes (17) w/ Turkey Gravy (2) Green Beans Almondine (5) Chocolate Pudding (27)</p>	<p>(16) HONEY MUSTARD PORK CHOP (12) Cheesy Mashed Potatoes (14) Venetian Blend Veggies (6) Pineapple Chunks (18)</p>	<p>(17) CHICKEN FINGERS (19) Tator Tots (15) Garden Green Peas (11) Whole Wheat Bread (10) Ambrosia Salad (32)</p>
<p>(20) ITALIAN SPAGHETTI SAUCE (8) WITH AL DENTE SPAGHETTI (20) Green Beans (5) Garlic and Cheese Biscuits (10) Fig Newtons (20)</p>	<p>(21) CLASSIC CHEESEBURGER (0) ON A WHOLE WHEAT BUN (25) Tator Tots (15) Corn (21) Gelatin Cup(5)</p>	<p>(22) SAUERKRAUT AND POLISH SAUSAGE (23) Broccoli w/Cheese Sauce (6) Whole Wheat Bread (10) Strawberry Applesauce (13)</p>	<p>(23) SWEET AND SASSY MEATBALLS (52) Diced Redskin Potatoes (13) Glazed Carrots (10) Apricots (15)</p>	<p>(24) ALMOND MANDARIN SALAD (37) Snickerdoodle (28)</p>
<p>(27) MEMORIAL DAY! ALL ACTIVITY CENTERS AND OFFICES CLOSED</p>	<p>(28) ASIAN CHICKEN (30) Steamed Brown Rice (17) Lemon White Chocolate Cookie (28)</p>	<p>(29) ITALIAN STEAK SANDWICH (4) Whole Wheat Hamburger Bun (25) Home Fries (15) Green & Yellow Beans (6) Cranberry Juice Cup (17)</p>	<p>(30) MARINATED CHICKEN BREAST (1) Baked Potato (18) Broccoli Florets (4) Banana Pudding (25)</p>	<p>(31) HOT DOG (1) WITH CONEY SAUCE (6) On a Whole Wheat Bun (19) Tater Tots (17) Corn (21) Pear (23)</p>

All Meals at the Activity Centers served with Fat-Free Milk (13)

Number next to the menu item indicates carbohydrate count.

Menu is subject to change without notice.

Be advised menu items may contain nuts.