

# Meals on Wheels & Congregate Meals Menu

## May

15

DATE	HOT MENU ENTRÉE	COLD MENU ENTREE
Tuesday, May 1	Lemon Chicken, Redskin Potatoes, Brussel Sprouts	Ham & Swiss, Three Bean Salad, Peaches n Pudding
Wednesday, May 2	Lasagna Casserole, Broccoli & Cauliflower, Garlic Roll	Cottage Cheese, Tomato Wedges, Tossed Salad, Apples
Thursday, May 3	Vegetable Beef Soup, Ham & Swiss Sandwich	Shaved Roast Beef Sandwich, Creamy Cucumbers
Friday, May 4	Pork Loin, Sweet Potatoes, Southern Green Beans	Egg Salad Sandwich, Tomato Salad, Pears
Monday, May 7	Beef Stroganoff, Diced Beets, Broccoli, Peaches	Hammy Sammy, Potato Salad, Pineapple
Tuesday, May 8	Pork Chop, Parsley Potatoes, Key West Blend Veggies	Turkey & Cheese Wrap, Corn, Pepper, Black Bean Salad
Wednesday, May 9	Chicken Parmesan, Boiled Redskin Potatoes, Oranges	Egg Salad Sandwich, Tomato Salad, Pears
Thursday, May 10	Creamed Turkey, Italian Blend Veggies, Spinach Salad	Chef Salad w/Chicken, Applesauce, Bran Muffin
Friday, May 11	Chicken Sandwich, Coleslaw, Blueberry Crisp	Ham & Turkey Sub, Baked Beans, Oranges
Monday, May 14	Scalloped Potatoes & Ham, Peas w/Pearl Onions	Shaved Roast Beef, Coleslaw, Pears
Tuesday, May 15	Chicken w/Pineapple, Sweet Potatoes, Cherry Crisp	Deviled Eggs, Carrot Raisin Salad, Tropical Fruit Salad
Wednesday, May 16	BBQ Pork, Tossed Salad, Broccoli & Cheese, Pears	Pasta Salad With Tuna, Spring Salad, Apricots
Thursday, May 17	Sliced Turkey & Gravy, Green Beans, Stuffing, Oranges	Chicken Salad, Three Bean Salad, Bananas
Friday, May 18	Cheeseburger, Baked Beans, Potato Salad	Turkey Sandwich, Broccoli Raisin Salad, Coleslaw
Monday, May 21	BBQ Chicken, Brussel Sprouts, Apricots, Wheat Roll	Tuna Salad Sandwich, Marinated Vegetables, Ambrosia
Tuesday, May 22	Macaroni & Cheese, Ham, Peas w/Pearl Onions	Turkey & Cheese Wrap, Baked Beans, Apricots
Wednesday, May 23	Salmon Patty w/Dill Sauce, California Blend, Fruit Mix	Chef Salad w/Chicken, Strawberries, Bran Muffin
Thursday, May 24	Sloppy Joes, Potato Salad, Peaches n Pudding	Ham & Swiss Sandwich, Spinach Salad, Apples
Friday, May 25	Ham, Cabbage, Carrots, Potatoes, Biscuits	Peanut Butter & Jam, Grapes, Coleslaw, Carrot Sticks
Monday, May 28	<b>Closed for Holiday</b>	<b>Closed for Holiday</b>
Tuesday, May 29	Chicken & Biscuits, Tossed Salad, Sunshine Salad	Pasta Salad w/Tuna, Spring Salad, Jello w/Fruit
Wednesday, May 30	Pork Roast, Sweet Potatoes, Green Beans, Apple Crisp	Shaved Roast Beef Sandwich, Potato Salad
Thursday, May 31	Pepper Steak, Rice, Stewed Tomatoes, Coleslaw	Ham & Turkey Sub, Corn, Pepper, Black Bean Salad

\*Meals are served with side dishes and milk, to provide 1/3 the Recommended Daily Allowances for adults 60+

### Join us for Lunch

**\*Call the COA to reserve your lunch at Three Rivers, Klines or Sturgis.**

**Kline's Resort**  
269-279-8083  
Fridays @ Noon  
22260 Kline's Resort Rd.  
Three Rivers, MI 49093

**Three Rivers  
Community Center**  
269-279-8083  
Monday-Friday @ Noon  
103 S. Douglas Avenue  
Three Rivers, MI 49093

**Enrichment Center**  
269-279-8083  
Monday-Friday @ Noon  
306 N. Franks Avenue  
Sturgis, MI 49091

The COA offers lunch on the first and third Friday of each month in Colon at Mystic Grove Apartments. Any COA member is welcome.