## Legacy Link Menu May 2024 MONDAY TUESDAY WEDNESDAY THURSDAY FRIDAY

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
IVIONDAY	TUESDAY	WEDNESDAY 1	2	FRIDAY 3
		1 Beef Chili	Herb Crusted Pork	Yogurt Dill Chicken Salad
		Broccoli with Cheese	Parslied Rice	Pasta Salad
		Baked Potato	Mixed Beans	New Recipe! Green Pea Salad
		Saltine Crackers	Dinner Roll	Saltine Crackers
TRIO	Community	Pineapple Tidbits	Fresh Fruit	Sugar Cookie
IRIO	Meals	Chocolate Milk	Milk	Milk
	rrears	Diet - Same		Diet - Shortbread Cookies
			Margarine	Diet - Shortbread Cookies
		Margarine   Sour Cream	Diet - Same	ALT: Humanaua w / Dita
· ·	7	0	ALT: New! Curry Tofu	ALT: Hummus w/Pita
6 Homestyle Chicken and Rice	BBQ Pork Riblet	8 Smothered Meatballs	9 Chicken Cacciatore	10 Mother's Day Meal
Whole Kernel Corn	Macaroni & Cheese	Whipped Potatoes	Parslied Rice	Beef Stroganoff
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Stewed Tomatoes	Black-eyed Peas	Summer Vegetable Blend	Brussels Sprouts	Green Peas
Dinner Roll	Cornbread	Wheat Bread	Tossed Salad	Carrots
Oatmeal Raisin Cookie	Fudge Crème Cookie	Fresh Fruit	Dinner Roll	Dinner Roll
Milk	Milk	Milk	Fresh Banana	Frosted Strawberry Cake
Margarine	Margarine	Margarine	Milk	Chocolate Milk
Diet - Shortbread Cookies	Diet - Graham Crackers	Diet - Same	Margarine	Margarine
			Ranch Salad Dressing	Diet - Pound Cake
	ALT: New! Chickpea Stir Fry		Diet - Same	ALT: Tofu w/Onions &
	Parslied Rice	ALT: Popcorn Chicken	ALT: Refried Beans	Peppers
13	14	15	16	17
Swiss Steak	Sausage w/Onions & Peppers	Chicken Supreme	Spaghetti Casserole	Chicken & Dumplings
Garlic Whipped Potatoes	Baked Beans	Lima Beans	Green Peas	Whole Kernel Corn
Spring Vegetable Blend	Cabbage	Okra & Tomatoes	Tossed Salad	Green Beans
Wheat Bread	Hot Dog Bun	Dinner Roll	Saltine Crackers	Dinner Roll
Fresh Fruit	Applesauce	Strawberry Gelatin	Apple Cobbler	Nutty Buddy Bar
Milk	Chocolate Milk	Milk	Milk	Milk
Margarine	Mustard   Ketchup	Margarine	Ranch Salad Dressing	Margarine
Diet - Same	Diet - Same	Diet - Assorted Gelatin	Diet - Hot Sliced Apples	Diet - Same
	ALT: New! Tofu w/Onions &		ALT: Falafel Balls	
ALT: Breaded Chicken Patty	Peppers	•	New! Tzatziki Sauce	ALT: Chickpea Lettuce Wrap
Chieles Candan Blass	21	22	23	Clicad Taylor Procest
Chicken Cordon Bleu Parslied Rice	Meatloaf w/Tomato Gravy	BBQ Pork	Oven Fried Chicken	Sliced Turkey Breast
	Whipped Potatoes	Baked Beans	Ranch Potatoes	Swiss Cheese
Garden Vegetable Blend	Peas & Carrots	Coleslaw	Green Beans	Lettuce   Tomato
Dinner Roll	Dinner Roll	Hamburger Bun	Cornbread	Carrot Raisin Salad
Fresh Fruit	Chocolate Chip Cookie	Peach Cobbler	Oreo Cookies	Wheat Bread (2)
Milk	Milk	Chocolate Milk	Milk	Fruit Salad
Margarine	Margarine	Diet - Same	Margarine	Milk
Diet - Same	Diet - Shortbread Cookies		Diet - Same	Mustard   Mayonnaise
ALT: Deaf Dett. 10	ALT: Vegetarian Bean Chili	ALT: Breaded Children S	New! ALT: Edamame	Diet - Same
ALT: Beef Patty w/Gravy	Hashbrown Patty	ALT: Breaded Chicken Patty	Parslied Potatoes	ALT: Hummus w/Pita
27	29 Salishury Roof	29 Beef Chili	30 Harb Crustad Bark	31
	Salisbury Beef	Broccoli with Cheese	Herb Crusted Pork	Yogurt Dill Chicken Salad
	Brown Gravy		Parslied Rice	Pasta Salad
	Au Gratin Potatoes	Baked Potato	Mixed Beans	New Recipe! Green Pea Salad
Closed for Holiday	Carrots	Saltine Crackers	Dinner Roll	Saltine Crackers
•	Wheat Bread	Pineapple Tidbits	Fresh Fruit	Sugar Cookie
	Chocolate Graham Crackers	Chocolate Milk	Milk	Milk
	Milk	Diet - Same	Margarine	Diet - Shortbread Cookies
	Margarine	Margarine   Sour Cream	Diet - Same	
	Diet - Same			
	ALT: Lentil Stew			
	Paprika Potatoes		ALT: New! Curry Tofu	ALT: Hummus w/Pita

Amanda & Patrick, MS, RD, LD