

Legacy Link Menu

May 2024

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
		1 Beef Chili Broccoli with Cheese Baked Potato Saltine Crackers Pineapple Tidbits Chocolate Milk Diet - Same Margarine Sour Cream	2 Herb Crusted Pork Parslied Rice Mixed Beans Dinner Roll Fresh Fruit Milk Margarine Diet - Same ALT: <i>New!</i> Curry Tofu	3 Yogurt Dill Chicken Salad Pasta Salad <i>New Recipe!</i> Green Pea Salad Saltine Crackers Sugar Cookie Milk Diet - Shortbread Cookies ALT: Hummus w/Pita
		6 Homestyle Chicken and Rice Whole Kernel Corn Stewed Tomatoes Dinner Roll Oatmeal Raisin Cookie Milk Margarine Diet - Shortbread Cookies	7 BBQ Pork Riblet Macaroni & Cheese Black-eyed Peas Cornbread Fudge Crème Cookie Milk Margarine Diet - Graham Crackers ALT: <i>New!</i> Chickpea Stir Fry Parslied Rice	8 Smothered Meatballs Whipped Potatoes Summer Vegetable Blend Wheat Bread Fresh Fruit Milk Margarine Diet - Same ALT: Popcorn Chicken
13 Swiss Steak Garlic Whipped Potatoes Spring Vegetable Blend Wheat Bread Fresh Fruit Milk Margarine Diet - Same ALT: Breaded Chicken Patty	14 Sausage w/Onions & Peppers Baked Beans Cabbage Hot Dog Bun Applesauce Chocolate Milk Mustard Ketchup Diet - Same ALT: <i>New!</i> Tofu w/Onions & Peppers	15 Chicken Supreme Lima Beans Okra & Tomatoes Dinner Roll Strawberry Gelatin Milk Margarine Diet - Assorted Gelatin	16 Spaghetti Casserole Green Peas Tossed Salad Saltine Crackers Apple Cobbler Milk Ranch Salad Dressing Diet - Hot Sliced Apples ALT: Falafel Balls <i>New!</i> Tzatziki Sauce	17 Chicken & Dumplings Whole Kernel Corn Green Beans Dinner Roll Nutty Buddy Bar Milk Margarine Diet - Same ALT: Chickpea Lettuce Wrap
20 Chicken Cordon Bleu Parslied Rice Garden Vegetable Blend Dinner Roll Fresh Fruit Milk Margarine Diet - Same ALT: Beef Patty w/Gravy	21 Meatloaf w/Tomato Gravy Whipped Potatoes Peas & Carrots Dinner Roll Chocolate Chip Cookie Milk Margarine Diet - Shortbread Cookies ALT: Vegetarian Bean Chili Hashbrown Patty	22 BBQ Pork Baked Beans Coleslaw Hamburger Bun Peach Cobbler Chocolate Milk Diet - Same ALT: Breaded Chicken Patty	23 Oven Fried Chicken Ranch Potatoes Green Beans Cornbread Oreo Cookies Milk Margarine Diet - Same <i>New!</i> ALT: Edamame Parslied Potatoes	24 Sliced Turkey Breast Swiss Cheese Lettuce Tomato Carrot Raisin Salad Wheat Bread (2) Fruit Salad Milk Mustard Mayonnaise Diet - Same ALT: Hummus w/Pita
27 <i>Closed for Holiday</i>	29 Salisbury Beef Brown Gravy Au Gratin Potatoes Carrots Wheat Bread Chocolate Graham Crackers Milk Margarine Diet - Same ALT: Lentil Stew Paprika Potatoes	29 Beef Chili Broccoli with Cheese Baked Potato Saltine Crackers Pineapple Tidbits Chocolate Milk Diet - Same Margarine Sour Cream	30 Herb Crusted Pork Parslied Rice Mixed Beans Dinner Roll Fresh Fruit Milk Margarine Diet - Same ALT: <i>New!</i> Curry Tofu	31 Yogurt Dill Chicken Salad Pasta Salad <i>New Recipe!</i> Green Pea Salad Saltine Crackers Sugar Cookie Milk Diet - Shortbread Cookies ALT: Hummus w/Pita

Amanda H Patrick, MS, RD, LD

Amanda H Patrick, MS, RD, LD