



Senior Nutrition Program Noon Meal Menu –May 2026

Serving all 17 counties. Subject to change. *Participants are responsible to comply with their own dietary restrictions.*

For individuals age 60+ and their spouse of any age, there is a suggested contribution of \$5. Individuals younger than 60 must pay the full meal charge as posted at the Nutrition Center unless otherwise eligible.

Monday	Tuesday	Wednesday	Thursday	Friday
<p>Menus Are Subject to Change Nutritional's: Menus provide 1/3 of the current Dietary Reference Intakes for individuals ages 60+.</p> <p>*Dine-In Choices not available in all areas. **For Cooks Reference.</p>			<p>Carbohydrate Education information available upon request. All meals served with; 8 oz. milk, 1 whole wheat sl. bread unless other bread item noted, & 1 slice of margarine.</p>	<p>1) Panko Crusted Fish w/ Cheese topping 1/2 C California Blend Vegetables 1/2 C Scalloped Pineapple 2 Cornbread Muffins</p>
<p>4) 3 oz Meatloaf 1/2 C Mashed Potatoes 2 oz Gravy 1/2 C Broccoli w/ Cheese 1/2 C Cinnamon Apple Slices Garlic Wheat Roll</p>	<p>5) 3 oz Turkey & Swiss on WW Lettuce/Tomato Ketchup/Mustard 1/2 C Creamy Cucumber & Onion 1/2 C Fruit Cup</p>	<p>6) BBQ Baked Chicken 1/2 C Sweet Potatoes 1/2 C Green Peas 1/2 C Fruited Pudding 2 sl Garlic French Bread</p>	<p>7) 3 oz Pulled Pork on WW Bun 1/2 C Baked Beans 1 cup Tossed Salad 1 T Dressing 3/4 C Fruited Gelatin</p>	<p>8) Tator Tot Casserole 1/2 C Green Beans 1/2 C Tropical Fruit Wheat Roll</p>
<p>11) Cook's Choice With Dessert</p> <p align="center"></p> <p>Nutritionals not available</p>	<p>12) Beef Patty w/ Cooked Onions 1/2 C Mashed Potatoes 1/2 C Baked Spinach Casserole 1/2 C Cinnamon Baked Apples Garlic Wheat Roll</p>	<p>13) 3 oz Chicken Salad Sandwich on Wheat 1/2 C Tomato Spoon Salad 3/4 C Sliced Cucumbers 3/4 C Seasonal Fruit</p>	<p>14) 1 C Beef & Noodles 1/2 C Mashed Potatoes 1 C Chopped Green Salad Mandarin Orange Cake</p>	<p>15) Panko Crusted Fish* 1/2 C Steamed Rice 1/2 C Broccoli w/ Cheese Sauce 3/4 C Raspberry Gelatin w/ Peaches WW Bread</p>
<p>18) 1/2 C Turkey Salad on 2 sl Wheat Bread 1/2 C Three Bean Salad 1 oz Chips 3/4 C Fruited Gelatin</p>	<p>19) 1 C Chicken & Noodles 1/2 C Four Way Mixed Vegetables Wheat Bread 1/2 C Mandarin Oranges</p>	<p>20) 4 oz Baked Ham 1/2 C Scalloped Potatoes 1/2 C Broccoli Cauliflower Blend Wheat Roll 1/2 C Pineapple tidbits</p>	<p>21) 4 1 oz Swedish Meatballs in sauce 1/2 C Wheat Noodles 1/2 C Italian Vegetables 1/2 C Tropical Fruit Oatmeal Raisin Cookie</p>	<p>22) Memorial Day Meal Cheeseburger on Wheat Bun Lettuce/ Tomato Ketchup/Mustard 1/2 C Baked Beans 1/2 C Potato Salad Chocolate Cake</p>
<p>25) All Nutrition Centers in this menu area will be closed. Contact your local nutrition center for options</p>	<p>26) Cook's Choice With Dessert</p> <p align="center"></p> <p>Nutritionals not available</p>	<p>27) 3/4 C Ham & Potato Au Gratin 1/2 C Green Beans w/ Onion Cornbread Muffin Cake w/ Fruit</p>	<p>28) 3/4 C Chicken Alfredo w/ Pasta 1/2 C California Blend Vegetables 1/2 C Tropical Fruit</p>	<p>29) 3 oz Tuna Salad on 2sl Wheat Bread or Roll 1/3 C Cottage Cheese w/* 3/4 C Fruit 1/2 Marinated Cucumbers & Tomatoes Cookie</p>

Please Call for required reservations 1-2 days in advance.