

May 2016

Slaton Senior Citizens Center

Monday	Tuesday	Wednesday	Thursday	Friday
Pork Chop 2 Black-Eye Peas Spinach Baked Apple Cornbread 2% Milk Tea/Lemon	Homestyle Lasagna 3 Garlic Bread Brussel Sprouts Pears 2% Milk	Baked Chicken Breast 4 Baked Potato w/Sour Cream Peas Pineapple Tidbits Chocolate Pudding 2% Milk	Spaghetti 5 w/Meatballs Whole Wheat Roll Margarine Spinach Honey Dew Melon 2% Milk	Sloppy Joe on Bun 6 Country Potato Salad Carrots & Zucchini Creamy Fruit Square 2% Milk
Cheeseburger 9 Potato Wedges Tomato Wedges Salad Melon Medley 2% Milk	Vegetable Beef Stew 10 Cornbread Tossed Salad w/Dressing Orange Pineapple cup Diet Pumpkin Custard 2% Milk	Chicken Fajitas 11 Refried Beans White Rice Tossed Vegetable Salad Lo Cal French Dressing Whole Wheat Tortilla Ambrosia 2% Milk	Macaroni Beef/ Tomato 12 Tomatoes Lima Beans Fruit & Oatmeal Bar Wheat Roll 2% Milk Tea/Lemon	BBQ Chicken Filet 13 Baked Potato w/Sour Cream Whole Wheat Roll Margarine Mixed Vegetables Mandarin Oranges 2% Milk
Salisbury Steak 16 Diced Potatoes skin on English Peas Fruit Salad in Juice Wheat Roll 2% Milk Tea	Ham & Beans 17 Cornbread Spinach Seasoned Corn Orang Pineapple Cup Country Apple Crisp 2% Milk	Beef Taco Bake 18 Spanish Rice Cauliflower Tossed Salad w/Dressing Country Apple Crisp 2% Milk	Swedish Meatballs 19 Parsley Noodles Mixed Vegetables Whole Wheat Roll Angel Food Cake w/Strawberries 2% Milk	Crispy Chicken On Bun 20 Tomato & Lettuce Potato Wedges Carrot & Raisin Salad Fruit Cocktail 2% Milk
Chicken Fried Steak 23 Mashed Potatoes Country Gravy Stewed Okra Seasoned Corn Pumpkin Square 2% Milk	Beef Enchilada 24 Spanish Rice Borracho Beans Coleslaw Cornbread Apricots 2% Milk	Roast Turkey 25 Bread Dressing Seasoned Broccoli Waldorf Salad Cranberry Square 2% Milk	Baked Fish 26 Scandia/Lemon Potatoes/Red skin Coleslaw/Apple Peach Shortcake Cornbread 2% Milk, Tea/Lemon	Hot Dog on Bun 27 Baked Potato w/Sour Cream Seasoned Broccoli Pineapple Gelatin 2% Milk
30 Closed for Memorial Day	BBQ Beef Sandwich 31 Tator Tots Carrots & Zucchini Ambrosia 2% Milk			

Milk or Beverage of Choice Served with Each Meal

South Plains Association of Governments

