

Guadalupe Senior Centers May 2023 Menu

		1	2	3
<p>**Please make reservations!</p> <p>Call 1-day ahead at 816-218-0972</p>	<p>Suggested Donation for lunch is \$2.00</p>	<p>Turkey Ala King w/ Brown Rice Brussels Sprouts Carrots Corn Bread Margarine Chocolate Pudding 1% Milk</p>	<p>Spanish Chicken Mexican Rice Mexican Pinto Beans Carrots White Corn Tortillas Margarine Strawberries w/ Topping 1% Milk</p>	<p>Center Closed</p>
6	7	8	9	10
<p>Chicken Strips Broccoli Salad Carrots Wheat Crackers Margarine Honey Mustard Sauce Pineapple chunks 1% Milk</p>	<p>Breaded Cod Fish American Cheese Green Peas Creamy Cole Slaw WG Hamburger Bun Margarine Mandarin Oranges 1% Milk</p>	<p>Baked Shredded Pork Pico de Gallo Mexican Pinto Beans Mexican Rice Sour Cream White Corn Tortilla Fruit Delight 1% Milk</p>	<p>Grilled Chicken Breast Sandwich Creamy Coleslaw Corn WG Hamburger Bun Margarine Mustard/Mayo Fancy Pineapple-Orange Salad 1% Milk</p>	<p>Italian Sausage Creamy Coleslaw Roasted Potatoes Hot Dog Bun Orange 1% Milk</p>
13	14	15	16	17
<p>Sweet and Sour Chicken Broccoli Salad Carrots White Rice Corn Bread Pineapple Chunks Margarine 1% Milk</p>	<p>Sloppy Joe Broccoli Home Style Potato Salad WG Hamburger Bun Banana 1% Milk</p>	<p>Chicken Fajitas w/ Peppers & Onion Shredded Lettuce Pico de Gallo W W Flour Tortilla Mexican Rice Sour Cream Watermelon 1% Milk</p>	<p>Battered Pollock Fish Carrots Cabbage/ Kohlrabi Coleslaw Wheat Dinner Roll Margarine Tartar Sauce Mandarin Oranges 1% Milk</p>	<p>Hamburger American Cheese Lettuce, Tomato Pickle, Onion Potato Wedges WG Hamburger Bun Ketchup, Mustard, Mayo Orange 1% Milk</p>
20	21	22	23	24
<p>Liver & Onions Green Peas Au Gratin Potatoes Wheat Dinner Roll Margarine Honey Dew Melon 1% Milk</p>	<p>Beef Hot Dog Cole Slaw Baked Beans Hot Dog Bun Ketchup / Mustard Pineapple Ring/ Cottage Cheese 1% Milk</p>	<p>Center Closed</p>	<p>Beef Taco Salad Shredded Cheese/ Lettuce & Diced Tomatoes Mexican Pinto Beans White Corn Tortilla Chips Salsa Sour Cream Honey Dew Melon 1% Milk</p>	<p>Oven Fried Chicken Chicken Gravy Mashed Potatoes Green Beans Wheat Roll Margarine White Cake w/ Chocolate Frosting Vanilla Ice Cream 1% Milk</p>
27	28	29	30	31
<p>Center Closed in honor of Memorial Day</p> 	<p>BBQ Riblet Creamy Coleslaw Baked Beans Hamburger Bun BBQ Sauce Honey Dew Melon 1% Milk</p>	<p>Potato Broccoli Cheese Omelet Bake Cabbage Corn Biscuit Baked Apples Margarine 1% Milk</p>	<p>Lemon Baked Fish Green Peas Baked Potato Wheat Dinner Roll Margarine Tartar Sauce Sour Cream Lemon Bar 1% Milk</p>	<p>Meatball Grinder w/Shredded Mozzarella Italian Vegetables Tossed Salad w/ Red Cabbage & Tomato Italian Dressing WW Hot Dog Bun Margarine Peaches 1% Milk</p>