

NEW MEAL DELIVERY DAY: During this Coronavirus threat, every Monday, volunteers will deliver meals to each participant.

Please unpack the contents of your box and refrigerate your meals immediately!

There will be **NO SUBSTITUTE MEALS** available during this time.



May 2020 Menu

Mon	Tue	Wed	Thu	Fri
To Reheat your Refrigerated Tray: 1. Use a knife to make 3 slits in the film to allow steam to escape. 2. Place tray in a microwave on HIGH for 1-3 minutes. 3. Repeat the process for 30 seconds at a time until hot enough.		We will be <u>CLOSED</u>, Monday May 25th in observance of <u>Memorial Day</u>. We will deliver meals on Tuesday, May 26th.		1 Honey Glazed Chicken w/ Rice Baked Beans Collard Greens Pears Juice
4 Santa Fe Chicken w/ Rice Okra & Tomatoes Corn Pineapple Juice	5 Baked Spaghetti Lima Beans Cabbage Roll Mandarin Oranges Juice	6 Roast Pork Loin w/ Rice Green Beans Parsley Potatoes Peaches Cookie Juice	7 Roasted Chicken w/ Rice Black Beans Corn Applesauce Juice	8 Pork Tips & Gravy w/ Yellow Rice Broccoli Stewed Apples Fruit Cocktail Juice
11 Curry Chicken w/ Brown Rice Green Beans Cabbage Pears Juice	12 Pinto Beans Macaroni & Cheese Turnip Greens Carrot-Raisin Salad Pineapple Juice	13 Stewed Beef w/ Rice Green Peas Roasted Sweet Potatoes Mandarin Oranges Juice	14 BBQ Chicken w/ Yellow Rice Cabbage Lima Beans Peaches Juice	15 Baked Beef Macaroni Corn Green Beans Roll Applesauce Juice
18 Chicken Stroganoff Lima Beans Okra & Tomatoes Roll Fruit Cocktail Juice	19 Salisbury Steak w/ Brown Rice Turnip Greens Baked Beans Pears Juice	20 Sweet & Sour Chicken w/ Rice Green Peas Parsley Potatoes Pineapple Juice	21 Roast Turkey & Gravy w/ Yellow Rice Green Beans Stewed Apples Carrot-Raisin Salad Juice	22 Spaghetti & Meatballs Broccoli Lyonnaise Squash Roll Mandarin Oranges Juice
25 Meatloaf w/ Pasta Green Peas Roasted Sweet Potatoes Roll Peaches Juice	26 Teriyaki Chicken w/ Brown Rice Corn Roasted Okra Applesauce Juice	27 Beef Patty & Gravy w/ Yellow Rice Glazed Carrots Green Peas Fruit Cocktail Juice	28 BBQ Pork Riblet w/ Rice Broccoli Stewed Apples Potato Salad Juice	29 Honey Glazed Chicken w/ Brown Rice Baked Beans Collard Greens Pears Juice