

MAY 2019 MENU

All participants are asked to PLEASE donate \$1.00 dollar per meal to help offset program operating cost.

PLEASE DO NOT FORGET to reserve your meal(s) with two days in advance. If you cannot come into Heritage Hall Senior Center, please call 713-675-4487.

★ Remember a meal is a terrible thing to waste! ★
★ Thank you kindly, Elizabeth Flores, Director ★★

		Wednesday 5/1/2019	Thursday 5/2/2019	Friday 5/3/2019
		Turkey Macaroni/Cheese* Green Beans w/Onions Stewed Tomatoes Wheat Roll Nutty Buddy Bar Milk	Dijon Pork Chop+ Whole Kernel Corn Medley Cabbage Wheat Bread Fresh Banana Milk	Swiss Steak Rosemary Potatoes Mixed Vegetables Wheat Bread Fresh Fruit Milk
Monday 5/6/2019	Tuesday 5/7/2019	Wednesday 5/8/2019	Thursday 5/9/2019	Friday 5/10/2019
King Ranch Chicken Yellow Rice Parslied Carrots Wheat Bread Diet Strawberry Shortcake Milk	Breaded Fish Potato Wedges Green Beans Hamburger Bun Fresh Orange Milk Tartar Sauce	Ham and Pinto Beans+ Cajun Rice Spinach Cornbread Fresh Banana Milk Margarine	Beef Italiano Pasta Florentine Broccoli Dinner Roll Fruited Lemon Gelatin Milk	Turkey Breast w/Gravy* Cornbread Dressing Catalina Vegetables Dinner Roll Nutty Buddy Bar Milk Cranberry Sauce
Monday 5/13/2019	Tuesday 5/14/2019	Wednesday 5/15/2019	Thursday 5/16/2019	Friday 5/17/2019
Salisbury Beef Onion Gravy Garlic Whipped Potatoes Mixed Vegetables Wheat Bread Fresh Orange Milk	Turkey Noodle Casserole* Squash Medley Country Tomatoes Wheat Bread Fresh Banana Milk	Hamburger Patty Shredded Lettuce/Pickles Ranch Beans Hamburger Bun Apple Cobbler Milk Mustard and Ketchup	Chicken Breast w/Gravy Scalloped Potatoes Cabbage Cornbread Yellow Cake Chocolate Frosting Milk	Italian Shells and Cheese Herbed Green Peas Dilled Carrots Dinner Roll Diet Chocolate Pudding Milk
Monday 5/20/2019	Tuesday 5/21/2019	Wednesday 5/22/2019	Thursday 5/23/2019	Friday 5/24/2019
Marinara Chicken Meatballs Parslied Penne Pasta Italian Vegetables Wheat Bread Fresh Fruit Milk	Beef Burgundy Oven Roasted Potatoes Broccoli and Carrots Texas Bread Fresh Fruit Milk	Turkey Pastrami* Swiss Cheese Lettuce and Tomato Potato Salad Wheat Bread (2) Fig Bar Milk Mustard	Beef Chili with Beans Chuckwagon Corn Diced Beets Saltine Crackers Fresh Fruit Milk	BBQ Pork Rib Patty+ Tossed Salad Baked Beans Hamburger Bun Apple Crisp Milk Ranch Salad Dressing
Monday 5/27/2019	Tuesday 5/28/2019	Wednesday 5/29/2019	Thursday 5/30/2019	Friday 5/31/2019
Closed for Holiday	Cranberry Chicken Breast Macaroni & Cheese Brussels Sprouts Wheat Bread Fresh Banana Milk	Mushroom Beef Country Corn Broccoli Dinner Roll Diet Pound Cake Milk	Herbed Pork+ Lentils Cauliflower Wheat Bread Fudge Cream Cookie Milk	Beef Taco Pinto Beans Mexican Rice Flour Tortilla Fresh Fruit Milk Taco Sauce

* - Turkey

+ - Pork

✕ - New Menu Item

🍷 - Upgraded Menu Item