Well-being as we age / EWC Community Dining Program

CASH ONLY

May 2024 11:30am-1:00pm

Monday	Tuesday	Wednesday	Thursday	Friday
		1	2	Cinco De Mayo 3
		Tender Beef Strips w/mushroom gravy over mashed potatoes. Capri Vegetables Orange Slices/ Dinner Roll	Dilled Cucumber Salad Veggie Burger w/ cheese, lettuce and tomato French Fries Peaches	Your Choice: Pork or Shrimp Soft Taco (2 each) Taco Slaw Spanish Rice Black Bean Salad Churro
6 Lentil Soup Egg Salad Sandwich Chips Applesauce	7 Pickled Beet Salad Mac and Cheese Green Beans Fresh Fruit Dinner Roll	8 Southwestern Salad: Chicken, Beans, Cheese, Corn, Romaine, and tomato in a tortilla bowl w/fiesta dressing Banana Pudding Parfait	9 Club Sandwich w/ dill pickle on the side Sun Chips Broccoli Salad Mixed Fruit	Mother's Day Lunch 10 Caesar Salad Grilled Salmon Roasted Potatoes Garden Vegetables Strawberry Shortcake
13	14	15	16	71
Stuffed Bell Peppers Steamed Rice Peas and Carrots Apricots Dinner Roll	Chicken Primavera Pasta Brussel Sprouts Garlic Bread Ambrosia Fruit Salad	Coleslaw Crispy Fish Sandwich w/tarter French Fries Applesauce	Broccoli Salad Cranberry Turkey Wrap Sun Chips Cookie Peaches	Shrimp Louie Salad Breadstick Muffin Fresh Fruit
20	21	22	23	24
Hot Seafood Sandwich Seasoned Potato Wedges Fresh Fruit Cookie	Pea and Cheese Salad Hot Beef and Cheddar Sandwich with peppers and onion Potato Wedges Mixed Fruit	Garden Salad Turkey Pot Pie w/ biscuit top Pudding Fresh Fruit	Crispy Chicken Salad: Romaine, Cucumber, Tomato, Boiled Egg and Cheddar Cheese Soup of the Day Peaches/ Dinner Roll	Coleslaw Chili Dog Garlic Fries Watermelon
27	28	29	30	3
Closed: Memorial Day	Garden Salad Red Beans and Rice Bowl w/smoked sausage and grilled onions and peppers Tropical Fruit Dinner Roll	Cobb Salad Breadstick Mandarin Oranges Brownie	Grilled Lemon Herb Pollock Wild Rice Caribbean Vegetables Dinner Roll Peaches	Chicken Parmesan on spaghetti w/ marinara and parmesan Breadstick California Vegetables Pears

Suggested meal donation for eligible persons is \$4.00. For non-eligible persons, cost is \$8.00 per meal