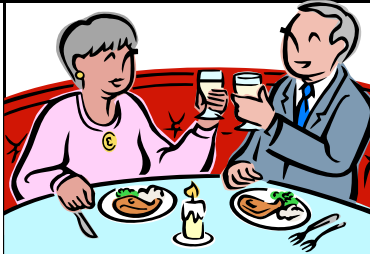








May 2009

Monday	Tuesday	Wednesday	Thursday	Friday
<p>Ottawa County Senior Resources does not discriminate on the basis of race, color, national origin, gender, religion, age, disability, political beliefs, sexual orientation and marital or family status</p>	<p><i>There may be slight adjustments made to PASSPORT meals to comply with PASSPORT Nutritional Guidelines</i></p> <p>To access ingredient content, please call Senior Resources at 1-877-898-6459</p>		<p>LS Alt=Low Sodium Alternate</p> <p>LF Alt=Low Fat Alternate</p> <p>(These items must be ordered in advance)</p>	<p>1 Derby Days</p> <p>Oven Fried Parmesan Chicken Southern Grits Meadow Blend Vegetables Pineapple Whole Wheat Bread Grape Juice</p> 
<p>4</p> <p>Chef Salad (Alt: Turkey/Cheese Sandwich) Pasta Salad Whole Wheat Roll Orange</p> 	<p>5 Cinco de Mayo</p> <p>Make your Own Beef Burrito Spanish Rice Cactus Corn Tropical Fruit Calabacitas (Squash, Onions, and Tomatoes)</p>	<p>6</p> <p>Stuffed Pasta Shells Sicilian Blend Vegetables Antipasto Breadstick Peaches</p>	<p>7</p> <p>Country Pork Casserole Apple Cabbage Slaw Green Beans Whole Wheat Bread Apricots</p> 	<p>8 Mother's Day Celebration</p> <p>Lemon Dijon Chicken Red Skin Potatoes Broccoli Sliced Strawberries Whole Wheat Roll Cherry Cheesecake</p>
<p>11</p> <p>American Cheeseburger Creamy Coleslaw Baked Beans Tropical Fruit Salad</p> 	<p>12 Asian American /Pacific Islander History Month</p> <p>Calypso Chicken Stir-Fry Vegetables Philippine Fruit Salad Orange Baked Red Yams Whole Wheat Roll</p>	<p>13 Senior Day @ Camp Perry</p> <p>Roasted Pork Loin Scalloped Potatoes Green Beans Mandarin Oranges Whole Wheat Roll Ice Cream Cup</p>	<p>14 Osteoporosis Month</p> <p>Sub Sandwich Broccoli Salad Potato Chowder Pineapple Tidbits Cottage Cheese</p>	<p>15</p> <p>Baked Spaghetti Tossed Salad Color Bell Pepper Slices with Ranch Dressing Garlic Bread Grapes</p>
<p>18</p> <p>Sweet and Sour Pork Over Brown Rice Oriental Blend Vegetables Whole Wheat Bread Apricots Fortune Cookie</p>	<p>19</p> <p>German Goulash over Egg Noodles Winter Blend Vegetables Citrus Sections Rye Bread Apple Kuchen</p>	<p>20 National High Blood Pressure Month</p> <p>Grilled Chicken Breast Fettuccine with Herbed Butter Sauce Gingered Carrots Baby Spinach & Walnut Salad Whole Wheat Bread Apple</p>	<p>21</p> <p>Baked Ham (Swiss Steak-LS Alt) Venetian Blend Vegetables Sweet Potatoes Whole Wheat Roll Peaches and Pears</p>	<p>22 Older Americans Month Senior Prom</p> <p>Succulent Roast Beef Mashed Potatoes w/gravy Orange Carrots Mixed Berries Whole Wheat Bread Chocolate Cake</p>
<p>25 Memorial Day-Closed</p> 	<p>26 Honoring Armed Forces</p> <p>Roasted Pork Loin Navy Bean Soup Stewed Tomatoes Cantaloupe & Strawberries Golden Cornbread Tapioca with Pears</p>	<p>27 Nat'l Senior Health & Fitness Day</p> <p>Ham & Turkey Hoagie Carrot & Celery Sticks w/Ranch Dressing Potato Salad Orange Juice Oak Harbor Birthday Cookies</p> 	<p>28</p> <p>Creamed Chicken over Flaky Buttermilk Biscuit Harvard Beets Peas and Carrots Grapes PC, Danbury & Elmore— Birthday Cookies</p>	<p>29 Birthday</p> <p>Salisbury Steak Spring Blend Vegetables Mashed Potatoes w/Gravy Watermelon Whole Wheat Bread Genoa & HDM Birthday Cookies</p>