

Requested Donation is \$2.00 per meal

SAUGUS SENIOR CENTER LUNCH PROGRAM

MAY 2015

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
	HAPPY MOTHER'S DAY!		MENU SUBJECT TO CHANGE WITHOUT NOTICE	1 Beef stew Beets Rye bread Mandarin oranges EGG SALAD
4 Eggplant parm/tomato sauce WW pasta California blend veg. WW bread Vanilla pudding HAM & CHEESE	5 Meatballs/marinara sauce Pasta Garden salad/dressing Fresh banana Snack loaf CHICKEN SALAD	6 Roast pork/gravy Mashed sweet potato Capri blend veg. Rye bread Chilled pears ROAST BEEF	7 MOTHER'S DAY SPECIAL Chicken picatta Garlic mashed potato Broccoli/Roll Pie EGG SALAD	8 Stuffed rigatoni/tomato sauce Green beans Applesauce WW bread TURKEY & CHEESE
11 Cheeseburger/roll Seasoned potato wedges Mixed veg. Chilled pears TURKEY & CHEESE	12 Roast turkey/gravy Mashed potatoes Caprese salad/vinaigrette WW bread Fresh banana ROAST BEEF	13 Cheese tortellini/meat sauce Broccoli WW roll Chocolate pudding HAM & CHEESE	14 Caribbean beef,yucca Café spinach salad WW bread Brownie TUNA SALAD	15 Cheese lasagna Green peas Rye bread Peaches EGG SALAD
18 New England style cod Sweet potato wedges Italian blend vegetables WW bread Pudding TURKEY & CHEESE	19 BREAKFAST AT LUNCH Scrambled Eggs French Toast Bacon/sausage Hash Brown Fruit \$6.00	20 Turkey/mushroom sauce Mashed potatoes California blend veg. WW bread Cookie HAM & CHEESE	21 Chicken and broccoli alfredo/Pasta Greek salad/dressing Italian bread Pineapple ROAST BEEF	22 BBq pulled pork Rice and beans Spinach Muffin Mandarin oranges EGG SALAD
25 MEMORIAL DAY HOLIDAY NO MEAL SERVICE	26 Stewed beef,sweet potato Mashed sweet potatoes Café spinach salad WW bread Applesauce HAM & CHEESE	27 American chop suey Green peas WW roll Cake TURKEY & CHEESE	28 Turkey chili White rice Garden salad/dressing WW bread Tapioca pudding TUNA SALAD	29 Stuffed shells/Tomato sauce Broccoli Rye bread Chilled pears ROAST BEEF