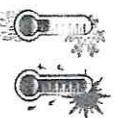



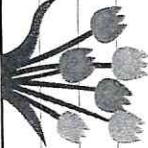

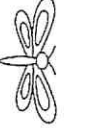


Elder Care Killdeer-Dunn Center Area Menu May 2019

*The suggested voluntary donation for participants over 60 is Elder Care is responsible only for food and beverages that it provides.

Be Safe! Be Sure To Refrigerate!



Monday	Tuesday	Wednesday	Thursday	Friday
Brenda: 260-0667 Changes in menu may be made due to availability of foods. For meal reservations call at least one day in advance.	Meal Provides: Minimum of 2oz. Protein 3 Half Cups of Fruits/Veg 2 Serving Bread 1 Serving of Milk			
6	7	8	9	10
Chicken Fried Steak w/Gravy Whipped Potato Broccoli Cuts Multigrain Bread/Roll Peach Slices	Breaded Haddock Parslised Potato Peas w/Pearl Onions Multigrain Bread/Roll Lemon Fruit Salad	Braised Beef w/Gravy Whipped Potato Romaine Salad w/Dressing Multigrain Bread/Roll Fresh Fruit Cup		Beef Stroganoff Buttered Egg Noodles Brussel Sprouts Multigrain Bread/Roll Mand Orange Banana Cup
13	14	15	16	17
 HAPPY Mother's DAY	Roast Beef w/Gravy Whipped Potato Romaine Salad w/Dressing Multigrain Bread/Roll Fresh Fruit Cup	Oven Fried Chicken Hash Brown Bake Sliced Beets Multigrain Bread/Roll Pineapple Chunks in Gelatin Cookie		Pork Chop Boiled Potato Diced Beets Multigrain Bread/Roll Applesauce Gelatin Cup
20	21	22	23	24
Steak in Brown Gravy Boiled Potato Country Trio Vegetable Multigrain Bread/Roll Apricot Halves	Multigrain Bread/Roll Peach Slices Rhubarb Cake	Stuffed Chicken Hash Brown Bake Sliced Beets Multigrain Bread/Roll Pineapple Chunks in Gelatin Cookie		Lasagna Green Beans Lettuce Salad w/ Dressing Garlic Toast Tropical Fruit
27	28	29	30	31
CLOSED	Lemon Pepper Fish Baked Potato w/SrCream Three Bean Salad Multigrain Bread/Roll Fruit Cocktail	Beef Tips in Gravy Whipped Potato Baked Squash Multigrain Bread/Roll Fresh Banana		Pizza Casserole Lettuce Salad w/Dressing Pea & Cheese Salad Multigrain Bread/Roll Cantaloupe Cuts
