



MAY 2023 HEARTY MENU



PROVIDED BY BARRY COUNTY COMMISSION ON AGING 269 948-4856

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
1	2	3	4	5
Turkey Burger Bun Sweet Corn Buttered Peas Apple	Sweet & Sour Chicken Pineapple Brown Rice Diced Carrots Broccoli Applesauce	Grilled Chicken Breast Brow Rice Seasoned Squash Asparagus Banana	Salisbury Steak Baked Potato Buttered Peas Dinner Roll Craisins	Breaded Pollock Roasted Red Potatoes Buttered Peas Banana
8	9	10	11	12
Loaded Mac & Cheese Chicken Strips Capri Vegetable Blend Cauliflower Applesauce	Turkey Meatloaf Mashed Potatoes & Gravy Diced Beets Orange	Beef & Bean Burrito Sweet Corn Broccoli Banana	Oven Roasted Chicken Sweet Potatoes Seasoned Collard Greens Graham Snack Apple	Baked Tilapia Brown Rice Sweet Potatoes Asparagus Banana
15	16	17	18	19
Beef Tips w/Gravy Egg Noodles Seasoned Brussels Sprouts Seasoned Squash Applesauce	Roast Pork w/Gravy Sweet Potatoes Green Beans Dinner Roll Craisins	Salisbury Steak Baked Potato Buttered Peas Dinner Roll Banana	Sweet & Sour Chicken Pineapple Brown Rice Diced Carrots Broccoli Apple	Goulash Broccoli Diced Carrots Banana
22	23	24	25	26
Meatloaf Mashed Potatoes & Gravy Green Beans Apple	Grilled Chicken Breast Brown Rice Seasoned Squash Asparagus Orange	Swedish Meatballs Egg Noodles Broccoli Capri Vegetable Blend Banana	Breaded Pollock Roasted Red Potatoes Buttered Peas Fruit Juice	Spaghetti w/Meat Sauce Cauliflower Buttered Peas Banana
29	30	31		
COA CLOSED  NO MEAL DELIVERY	Hamburger Bun Sweet Corn Broccoli Applesauce	BBQ Chicken Thigh Baked Potato Sauteed Spinach Dinner Roll Banana	Your donation helps us feed more seniors! 948-4856	