

May 2023 Menu Selections



	<i>MONDAY, May 1</i>	<i>TUESDAY, May 2</i>	<i>WEDNESDAY, May 3</i>	<i>THURSDAY, May 4</i>	<i>FRIDAY, May 5</i>	<i>SATURDAY, May 6</i>
	BREAKFAST	BREAKFAST	BREAKFAST	BREAKFAST	BREAKFAST	BREAKFAST
	Cold Cereal Oatmeal/ Cr. of Wheat Eggs Cooked to Order Bacon/Sausage Fresh Baked Pastry Choice of Toast Fresh Fruit Salad	Cold Cereal Oatmeal/ Cr. of Wheat Eggs Cooked to Order Bacon/Sausage Buttermilk Pancakes Choice of Toast Fresh Fruit Salad	Cold Cereal Oatmeal/ Cr. of Wheat Eggs Cooked to Order Bacon/Sausage Breakfast Sandwich Choice of Toast Fresh Fruit Salad	Cold Cereal Oatmeal/ Cr. of Wheat Eggs Cooked to Order Bacon/Sausage Western Omelet Choice of Toast Fresh Fruit Salad	Cold Cereal Oatmeal/ Cr. of Wheat Eggs Cooked to Order Bacon/Sausage Buttermilk Pancakes Choice of Toast Fresh Fruit Salad	Cold Cereal Oatmeal/ Cr. of Wheat Eggs Cooked to Order Bacon/Sausage French Toast Choice of Toast Fresh Fruit Salad
	Juice/Milk/Coffee/Tea Butter/Syrup/Jelly/Jam	Juice/Milk/Coffee/Tea Butter/Syrup/Jelly/Jam	Juice/Milk/Coffee/Tea Butter/Syrup/Jelly/Jam	Juice/Milk/Coffee/Tea Butter/Syrup/Jelly/Jam	Juice/Milk/Coffee/Tea Butter/Syrup/Jelly/Jam	Juice/Milk/Coffee/Tea Butter/Syrup/Jelly/Jam
						LUNCH
	Cream of Broccoli	Tuscan Bread	Manhattan Clam Chowder	Potato Leek	Beef Barley	Hearty Vegetable
	Hot Patrami on Rye with Mustard, Homemade Macaroni Salad & Pickles OR Shrimp Caesar Salad with Homemade Croutons & Parmesan Chee	Baked Shells and Cheese with Sauteed Baby Spinach and Cauliflower OR Turkey Club Sandwich with Homemade Potato Salad and Pickles	Chili Con Carne with Sour Cream, Cheddar Cheese, Red Onions and Cornbread OR Egg Salad Croissant Sandwich with Homemade Beet Salad and Potato Chips	Grilled Chicken Panini with Homemade Pasta Salad and Pickles OR Chef's Salad Platter with Your Choice of Dressing Crackers on the Side	Baked Enchilada with Sour Cream and Garden Salad On the Side OR Italian Submarine Sandwich with Three Bean Salad On the Side	Chicken Tenders with Honey Mustard, French Fries and Coleslaw OR Fresh Seasonal Fruit and Cottage Cheese Platter Cracker On the Side
	Boston Cream Pie	Carrot Cake	Sliced Peaches	Banana Parfait	Pound Cake a la Mode	Cream Puffs
						DINNER
	Spinach and White Bean Cranberry Sauce	Chicken Noodle Garden Salad	Butternut Squash Apple Sauce	Minestrone Garlic Bread	Carrot Dill Fresh Fruit Salad	Turkey and Orzo Garlic Bread
	Rotisserie Chicken OR Pierogies w/ Sauteed Onions <i>Side Dishes:</i> Baked Potato w/ Sour Cream Corn Niblets Zucchini	Spring Rolls w/ Dipping Sauce OR Sole Almondine <i>Side Dishes:</i> Rice Pilaf Steamed Broccoli Tartar Sauce	Braised Pork Chops OR Arancini w/ Marinara Sauce <i>Side Dishes:</i> Baked Sweet Potato Roasted Parsnips Creamed Spinach	Spaghetti and Meatballs OR Broiled Haddock <i>Side Dishes:</i> Scalloped Potatoes Garden Vegetables Tartar Sauce	Chicken Marsala OR Tilapia Rilet w/ Tartar Sauce <i>Side Dishes:</i> Au Gratin Potatoes Steamed Asparagus Honey Wheat Dinner Roll	Homemade Lasagna OR Polska Kielbasa <i>Side Dishes:</i> Potato Pancakes Braised Red Cabbage Green Beans
	Homemade Ambrosia	NAS Chocolate Pudding	Cheesecake	Lemon Cake	Snickerdoodles	Ice Cream Sandwich



<i>SUNDAY, May 7</i>	<i>MONDAY, May 8</i>	<i>TUESDAY, May 9</i>	<i>WEDNESDAY, May 10</i>	<i>THURSDAY, May 11</i>	<i>FRIDAY, May 12</i>	<i>SATURDAY, May 13</i>
BREAKFAST	BREAKFAST	BREAKFAST	BREAKFAST	BREAKFAST	BREAKFAST	BREAKFAST
Cold Cereal Oatmeal/ Cr. of Wheat Eggs Cooked to Order Bacon/Sausage Breakfast Sandwich Choice of Toast Fresh Fruit Salad	Cold Cereal Oatmeal/ Cr. of Wheat Eggs Cooked to Order Bacon/Sausage Buttermilk Pancakes Choice of Toast Fresh Fruit Salad	Cold Cereal Oatmeal/ Cr. of Wheat Eggs Cooked to Order Bacon/Sausage Blueberry Muffin Choice of Toast Fresh Fruit Salad	Cold Cereal Oatmeal/ Cr. of Wheat Eggs Cooked to Order Bacon/Sausage Breakfast Sandwich Choice of Toast Fresh Fruit Salad	Cold Cereal Oatmeal/ Cr. of Wheat Eggs Cooked to Order Bacon/Sausage Buttermilk Pancakes Choice of Toast Fresh Fruit Salad	Cold Cereal Oatmeal/ Cr. of Wheat Eggs Cooked to Order Bacon/Sausage Eggs Benedict Choice of Toast Fresh Fruit Salad	Cold Cereal Oatmeal/ Cr. of Wheat Eggs Cooked to Order Bacon/Sausage French Toast Choice of Toast Fresh Fruit Salad
Juice/Milk/Coffee/Tea Butter/Syrup/Jelly/Jam	Juice/Milk/Coffee/Tea Butter/Syrup/Jelly/Jam	Juice/Milk/Coffee/Tea Butter/Syrup/Jelly/Jam	Juice/Milk/Coffee/Tea Butter/Syrup/Jelly/Jam	Juice/Milk/Coffee/Tea Butter/Syrup/Jelly/Jam	Juice/Milk/Coffee/Tea Butter/Syrup/Jelly/Jam	Juice/Milk/Coffee/Tea Butter/Syrup/Jelly/Jam
LUNCH	LUNCH	LUNCH	LUNCH	LUNCH	LUNCH	LUNCH
Split Pea	Turkey Noodle	New England Chowder	Hearty Potato	Pasta Fagioli	Potato Leek	Chicken Noodle
Philly Cheesesteak with Homemade Potato Salad and Pickles OR Homemade Seafood Salad Over Garden Greens Crackers On the Side	Fish Filet Sandwich with Tarter Sauce, Waffle Fries and Coleslaw OR Waldorf Chicken Salad with Fresh Apples, Craisins and Toasted Almonds	Cheese Pizza with Garden Salad On the Side Your Choice of Dressing OR Honey Ham and Brie Sandwich w/ Carrot Raisin Salad and Pickles	Warm Baby Spinach Salad w/ Grilled Shrimp, Mandarin Oranges and Wontons OR B.L.T. Sandwich with Homemade Cucumber Salad and Potato Chips	Meatball Parmesan Sub with French Fries and Coleslaw OR Cobb Salad with Hardboiled Egg, Tomato, Cucumber, Bacon, Avocado & Diced Turkey	Stuffed Baked Potato with Bacon and Cheddar Cheese Tossed Salad On the Side OR Whole Grain Tuna Sandwich with Homemade Beet Salad and Potato Chips	Reuben Sandwich with Homemade Macaroni Salad and Pickles OR Iceberg Wedge Salad with Grilled Chicken, Cherry Tomatoes & Blue Cheese
Cannolis	Sugar Free Fruited Jello	Fruit of the Forest Pie	Macadamia Nut Cookies	Red Velvet Cake	Cranberry Orange Cookies	Ice Cream Cone
DINNER	DINNER	DINNER	DINNER	DINNER	DINNER	DINNER
White Bean and Spinach Garden Salad	Mushroom Barley Garlic Bread	Chicken Broth and Noodles Tartar Sauce	Beef Vegetable Garlic Bread	Chicken and Rice Apple Sauce	Turkey and Orzo Cranberry Sauce	Minestrone Garden Salad
Chicken Cutlet OR Cod Loin w/ Tartar Sauce <i>Side Dishes:</i> Rice Pilaf Sauteed Baby Spinach Stewed Tomatoes	Pasta a la Bolognese OR Crab Stuffed Sole <i>Side Dishes:</i> Scalloped Potatoes Garden Vegetables Tartar Sauce	Breaded Sea Scallops OR Chicken Cordon Bleu <i>Side Dishes:</i> Baked Potato Steamed Broccoli Corn Niblets	Cheese Raviolis w/ Marinara OR Lamb Chops w/ Mint Jelly <i>Side Dishes:</i> Yukon Gold Mash Potatoes Green Beans Honey Wheat Dinner Roll	Pork Chop with Peach Sauce OR Omelets Made to Order <i>Side Dishes:</i> Candied Yams Sauteed Zucchini Harvard Beets	Roast Turkey Breast OR Flounder w/ Tartar Sauce <i>Side Dishes:</i> Au Gratin Potatoes Steamed Asparagus Honey Wheat Dinner Roll	Meatloaf with Gravy OR Farfalle a la Vodka <i>Side Dishes:</i> Mashed Potatoes Glazed Carrots Garden Peas
Sliced Pears	Chocolate Chip Cookies	Peaches and Cream	Butterscotch Pudding	Sliced Apricots	Rice Pudding	NAS Apple Pie



<i>SUNDAY, May 14</i>	<i>MONDAY, May 15</i>	<i>TUESDAY, May 16</i>	<i>WEDNESDAY, May 17</i>	<i>THURSDAY, May 18</i>	<i>FRIDAY, May 19</i>	<i>SATURDAY, May 20</i>
BREAKFAST	BREAKFAST	BREAKFAST	BREAKFAST	BREAKFAST	BREAKFAST	BREAKFAST
Cold Cereal Oatmeal/ Cr. of Wheat Eggs Cooked to Order Bacon/Sausage Breakfast Sandwich Choice of Toast Fresh Fruit Salad	Cold Cereal Oatmeal/ Cr. of Wheat Eggs Cooked to Order Bacon/Sausage Buttermilk Pancakes Choice of Toast Fresh Fruit Salad	Cold Cereal Oatmeal/ Cr. of Wheat Eggs Cooked to Order Bacon/Sausage Fresh Baked Pastry Choice of Toast Fresh Fruit Salad	Cold Cereal Oatmeal/ Cr. of Wheat Eggs Cooked to Order Bacon/Sausage Apple Filled Pancakes Choice of Toast Fresh Fruit Salad	Cold Cereal Oatmeal/ Cr. of Wheat Eggs Cooked to Order Bacon/Sausage Breakfast Sandwich Choice of Toast Fresh Fruit Salad	Cold Cereal Oatmeal/ Cr. of Wheat Eggs Cooked to Order Bacon/Sausage Buttermilk Pancakes Choice of Toast Fresh Fruit Salad	Cold Cereal Oatmeal/ Cr. of Wheat Eggs Cooked to Order Bacon/Sausage French Toast Choice of Toast Fresh Fruit Salad
Juice/Milk/Coffee/Tea Butter/Syrup/Jelly/Jam	Juice/Milk/Coffee/Tea Butter/Syrup/Jelly/Jam	Juice/Milk/Coffee/Tea Butter/Syrup/Jelly/Jam	Juice/Milk/Coffee/Tea Butter/Syrup/Jelly/Jam	Juice/Milk/Coffee/Tea Butter/Syrup/Jelly/Jam	Juice/Milk/Coffee/Tea Butter/Syrup/Jelly/Jam	Juice/Milk/Coffee/Tea Butter/Syrup/Jelly/Jam
LUNCH	LUNCH	LUNCH	LUNCH	LUNCH	LUNCH	LUNCH
New England Clam Chowder Hot Dog on a Bun with Sauerkraut, Baked Beans and Coleslaw OR Antipasto Salad with Roasted Peppers, Olives, Salami, Ham and Mozzarella NAS Vanilla Pudding	Sausage, Cabbage and Potato Homemade Quiche Lorraine with Fresh Fruit Salad On the Side OR Turkey Sloppy Joe on Marble Rye with Potato Chips and Pickles Lemon Pound Cake	Manhattan Clam Chowder Patty Melt on Sourdough with Homemade Potato Salad and Pickles OR Smoked Salmon Platter with Hardboiled Egg, Capers, Red Onions Over Greens Ice Cream Sundae	Beef Barley Ranch Chicken Sandwich w/ Lettuce, Tomato, Waffle Fries and Coleslaw OR Homemade Shrimp Salad Served with Fresh Garden Greens Mandarin Oranges	Broccoli and Cheese Warm Steak Salad Served Over Fresh Greens with Crumbled Blue Cheese OR Italian Sub Sandwich with Homemade Cucumber Salad and Potato Chips Oatmeal Raisin Cookies	Vegetable Sesame Chicken with Dipping Sauce, Stir Fried Rice and Steamed Snap Peas OR Grilled Vegetable Pesto Wrap with Homemade Macaroni Salad and Pickles NAS Jello	Chicken Broth w/ Noodles Monte Cristo Sandwich with Sweet Potato Fries and Coleslaw OR Tuna Nicoise Salad with Hardboiled Eggs, Red Onions & French Vinaigrette Strawberry Rhubarb Pie
DINNER	DINNER	DINNER	DINNER	DINNER	DINNER	DINNER
Corn Chowder Garden Salad Filet Mignon OR Cavatelli and Broccoli <i>Side Dishes:</i> Baked Potato w/ Sour Cream Steamed Broccoli Garlic Bread Peanut Butter Cookies	French Onion Tartar Sauce Broiled Salmon OR Chicken Francaise <i>Side Dishes:</i> Roasted Potatoes Steamed Asparagus Stewed Tomatoes Tapioca Pudding	Chicken Noodle Cocktail Sauce Butterfly Shrimp OR Veggie Burger on Bun <i>Side Dishes:</i> Scalloped Potatoes Garden Vegetables Honey Wheat Dinner Roll Sliced Pears	Lentil Apple Sauce Sweet and Sour Pork OR Fish Florentine w/ Tartar Sauce <i>Side Dishes:</i> Rice Pilaf Baby Spinach Peppers and Onions Eclairs	Matzo Ball Garlic Bread Roast Chicken OR Tortellini w/ Marinara Sauce <i>Side Dishes:</i> Garlic Mashed Potatoes Sauted Zucchini Harvard Beets Cheesecake	Italian Wedding Coleslaw BBQ Spare Ribs OR Eggplant Rollatini <i>Side Dishes:</i> Baked Sweet Potato Cauliflower Corn Niblets Orange Blossom Ice Cream	Split Pea Tartar Sauce Smoked Spiral Ham OR Broiled Haddock <i>Side Dishes:</i> Au Gratin Potatoes Glazed Carrots Green Beans Rice Pudding



<i>SUNDAY, May 21</i>	<i>MONDAY, May 22</i>	<i>TUESDAY, May 23</i>	<i>WEDNESDAY, May 24</i>	<i>THURSDAY, May 25</i>	<i>FRIDAY, May 26</i>	<i>SATURDAY, May 27</i>
BREAKFAST	BREAKFAST	BREAKFAST	BREAKFAST	BREAKFAST	BREAKFAST	BREAKFAST
Cold Cereal Oatmeal/ Cr. of Wheat Eggs Cooked to Order Bacon/Sausage Breakfast Sandwich Choice of Toast Fresh Fruit Salad	Cold Cereal Oatmeal/ Cr. of Wheat Eggs Cooked to Order Bacon/Sausage Cinnamon Bun Choice of Toast Fresh Fruit Salad	Cold Cereal Oatmeal/ Cr. of Wheat Eggs Cooked to Order Bacon/Sausage Buttermilk Pancakes Choice of Toast Fresh Fruit Salad	Cold Cereal Oatmeal/ Cr. of Wheat Eggs Cooked to Order Bacon/Sausage Breakfast Sandwich Choice of Toast Fresh Fruit Salad	Cold Cereal Oatmeal/ Cr. of Wheat Eggs Cooked to Order Bacon/Sausage Eggs Benedict Choice of Toast Fresh Fruit Salad	Cold Cereal Oatmeal/ Cr. of Wheat Eggs Cooked to Order Bacon/Sausage Buttermilk Pancakes Choice of Toast Fresh Fruit Salad	Cold Cereal Oatmeal/ Cr. of Wheat Eggs Cooked to Order Bacon/Sausage French Toast Choice of Toast Fresh Fruit Salad
Juice/Milk/Coffee/Tea Butter/Syrup/Jelly/Jam	Juice/Milk/Coffee/Tea Butter/Syrup/Jelly/Jam	Juice/Milk/Coffee/Tea Butter/Syrup/Jelly/Jam	Juice/Milk/Coffee/Tea Butter/Syrup/Jelly/Jam	Juice/Milk/Coffee/Tea Butter/Syrup/Jelly/Jam	Juice/Milk/Coffee/Tea Butter/Syrup/Jelly/Jam	Juice/Milk/Coffee/Tea Butter/Syrup/Jelly/Jam
LUNCH	LUNCH	LUNCH	LUNCH	LUNCH	LUNCH	LUNCH
Tomato	French Onion	Cream of Mushroom	Chicken Noodle	Matzo Ball	Hearty Potato	Cream of Turkey
Grilled Cheddar Cheese on Sourdough with Homemade Cucumber Salad and Chips OR Cranberry and Pecan Chicken Salad Served Over Fresh Salad Greens	Cheese Quesadillas w/ Sour Cream, Salsa & Guacomole Fresh Fruit On the Side OR Roast Beef Sandwich with Horseradish Sauce, Homemade Potato Salad and Pickles	Tempura Shrimp Salad with Asian Dressing, Mandarin Oranges and Cucumbers OR Fuji Apple and Ham Sandwich with Carrot Raisin Salad and Potato Chips	California Cheeseburger w/ Lettuce, Tomato, Onion Rings and Coleslaw OR Poached Salmon with Dill Sauce & Fresh Lemon Wedge Over Garden Greens	Chicken Parmesan Served Over Pasta with Sliced Italian Bread OR Liverwurst and Onion on Rye with Homemade Potato Salad and Pickles	Tuna Melt on English Muffin with French Fries and Coleslaw OR Roast Turkey and Red Grape Salad with Toasted Almonds and Poppyseed Dressing	Homemade Lobster Salad On a Toasted Buttered Roll w/ Corn Niblets & Coleslaw OR Caesar Salad with Homemade Croutons, Parmesan Cheese and Grilled Chicken
Chocolate Chip Cookies	Apple Pie	Strawberry Shortcake	Sliced Peaches	Cranberry Orange Cookies	Cannolis	Root Beer Floats
DINNER	DINNER	DINNER	DINNER	DINNER	DINNER	DINNER
Chicken Gumbo Garlic Bread Stuffed Shells OR Flounder w/ Tartar Sauce <i>Side Dishes:</i> Scalloped Potatoes Stewed Tomatoes Garden Peas	Lentil Apple Sauce Stuffed Pork Loin OR Wild Mushroom Raviolis <i>Side Dishes:</i> Candied Yams Steamed Asparagus Cauliflower	Beef Barley Garden Salad Chicken Cacciatore OR Broiled Cod Loin <i>Side Dishes:</i> Roasted Potatoes Sautéed Baby Spinach Honey Wheat Dinner Roll	Seafood Bisque Irish Soda Bread Homemade Irish Stew OR Turkey Divan <i>Side Dishes:</i> Rice Pilaf Broccoli Florets Glazed Carrots	Tortellini Coleslaw BBQ Beef Brisket OR Baked Tilapia w/ Tartar Sauce <i>Side Dishes:</i> Baked Potato w/ Sour Cream Green Beans Corn Noblets	Vegetable Fresh Fruit Salad Homemade Baked Ziti OR Smothered Pork Chops <i>Side Dishes:</i> Au Gratin Potatoes Fire Roasted Vegetables Garlic Bread	Italian Wedding Garden Salad Beef Stroganoff w/ Noodles OR Crab Cakes w/ Tartar Sauce <i>Side Dishes:</i> Garlic Mashed Potatoes Sautéed Zucchini Honey Wheat Dinner Roll
Sugar Free Fruited Jello	Brownies	NAS Vanilla Pudding	Coconut Custard Pie	Fudgesicle	Tiramisu	Lemon Bars



<i>SUNDAY, May 28</i>	<i>MONDAY, May 29</i>	<i>TUESDAY, May 30</i>	<i>WEDNESDAY, May 31</i>			
BREAKFAST	BREAKFAST	BREAKFAST	BREAKFAST			
Cold Cereal Oatmeal/ Cr. of Wheat Eggs Cooked to Order Bacon/Sausage Breakfast Sandwich Choice of Toast Fresh Fruit Salad	Cold Cereal Oatmeal/ Cr. of Wheat Eggs Cooked to Order Bacon/Sausage Fresh Baked Pastry Choice of Toast Fresh Fruit Salad	Cold Cereal Oatmeal/ Cr. of Wheat Eggs Cooked to Order Bacon/Sausage Buttermilk Pancakes Choice of Toast Fresh Fruit Salad	Cold Cereal Oatmeal/ Cr. of Wheat Eggs Cooked to Order Bacon/Sausage Breakfast Sandwich Choice of Toast Fresh Fruit Salad			
Juice/Milk/Coffee/Tea Butter/Syrup/Jelly/Jam	Juice/Milk/Coffee/Tea Butter/Syrup/Jelly/Jam	Juice/Milk/Coffee/Tea Butter/Syrup/Jelly/Jam	Juice/Milk/Coffee/Tea Butter/Syrup/Jelly/Jam			
LUNCH	LUNCH	LUNCH	LUNCH			
Split Pea	Cream of Broccoli	Tuscan Bread	Manhattan Clam Chowder			
Fish and Chips with Tartar Sauce, Lemon Wedge and Coleslaw OR Turkey Berry Salad with Toasted Walnuts and Berry Vinaigrette	Hot Pastrami on Rye with Mustard, Homemade Macaroni Salad & Pickles OR Shrimp Caesar Salad with Homemade Croutons and Parmesan Cheese	Baked Shells and Cheese with Sautéed Baby Spinach and Cauliflower OR Turkey Club Sandwich with Homemade Potato Salad and Pickles	Chili Con Carne with Sour Cream, Cheddar Cheese, Red Onions and Cornbread OR Egg Salad Croissant Sandwich with Homemade Beet Salad and Potato Chips			
Tapioca Pudding	Boston Cream Pie	Carrot Cake	Sliced Peaches			
DINNER	DINNER	DINNER	DINNER			
Turkey and Wild Rice Garden Salad	Spinach and White Bean Cranberry Sauce	Chicken Noodle Garden Salad	Butternut Squash Apple Sauce			
Yankee Pot Roast OR Maple Glazed Salmon <i>Side Dishes:</i> Mashed Potatoes Glazed Carrots Steamed Peas	Rotisserie Chicken OR Pierogies w/Sautéed Onions <i>Side Dishes:</i> Baked Potato w/ Sour Cream Corn Niblets Zucchini	Spring Rolls w/ Dipping Sauce OR Sole Almondine <i>Side Dishes:</i> Rice Pilaf Steamed Broccole Tartar Sauce	Braised Pork Chops OR Arancini w/ Marinara Sauce <i>Side Dishes:</i> Baked Sweet Potato Roasted Parsnips Creamed Spinach			
Oatmeal Raisin Cookies	Homemade Ambrosia	NAS Chocolate Pudding				