



# Dexter Senior Center

# Meal Calendar

# May 2025

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
			<b>1</b> Potato Crunch Pollock w/ Tater Sauce over Wild Rice, Whipped Winter Squash, Diced Pickled beets and Onion, Cinnamon Applesauce, WW bread w/ Margarine, Milk - 1%	<b>2</b> Chicken Breast Cacciatore, Garden Salad w/ Romaine w/ Italian Dressing, Dill Carrot Coins, Strawberries w/ Whip Topping, Italian Bread w/ Margarine, Milk - 1%
<b>5</b> Chicken & Cheese Quesadilla w/Salsa, Refried beans w/Cheddar Cheese, Whole Kernel Corn w/Red & Green Peppers, Orange, Chocolate Chip Cookie, Milk - 1%	<b>6</b> Teriyaki Beef Dippers w/ Teriyaki Sauce, baked Beans, Dill Carrot Coins, Tropical Fruit Salad, Cornbread w/ Margarine, Milk - 1%	<b>7</b> Turkey Pot Roast w/ Gravy, Serve Over Mashed Potatoes w/ LS, Creamy Confetti Coleslaw, Banana, WW Dinner Roll w/ Margarine, Milk - 1%	<b>8</b> Smoked Sausage Sandwich w/ Ketchup (C) & Mustard (C), Savory, Sauerkraut, Cauliflower Polynesian, mixed Berries w/ Whip Topping, WW Hotdog Bun, Milk - 1%	<b>9</b> Polynesian Chicken Breast, Baked Potato w/ Sour Cream, Dey West Vegetable Blend, Pineapple Dessert, Dinner Roll w/ Margarin, Milk - 1%
<b>12</b> Baked Macaroni & Cheese, Stewed Tomatoes, Green Beans, Fresh Pear, WW Bread w/ Margarine, Milk - 1%	<b>13</b> Chicken w/ Cavatappi Pasta, Green Beans, Italian Garden Green Salad, w/ (garbanzo bean garnish 1oz.) w/ Romaine w/ French Dressing, Tropical Fruit Salad, Italian Bread w/ Margarine, Milk - 1%	<b>14</b> Tuna Salad Sandwich, Pasta Salad w/ Vegetables, Broccoli Cheese Soup w/ LS Crackers, Fresh Red or Yellow Apple, Croissant, Milk - 1%	<b>15</b> Stuffed Cabbage Garden Green Salad w/ Romaine w/ Ranch Dressing, Mashed Redskin Potatoes, Strawberries w/ Whip Topping, WW Dinner Roll w/ Margarine, Milk - 1%	<b>16</b> Baked Lemon Chicken Breast, Brussels Sprouts, Marinated Chickpea & Tomato Salad, Diced Peaches, Pita w/ Margarine, Milk - 1%
<b>19</b> Stir-fry Beef with Sugar Snap Peas over confetti fried rice, Oriental Vegetable Blend, Mandarin Oranges & Pineapple Tidbits, WW Bread w/ Margarine, Milk - 1%	<b>20</b> Honey Mustard Chicken Breast Sandwich, Green Beans, Cauliflower w/ Cheese Sauce, Fruited Gelatin, Hamburger Bun, Milk - 1%	<b>21</b> Potato Crunch Pollock w/ Tartar Sauce serve over Rice, California Blend, Pickled Beets & Onion Salad, Fresh Banana, WW Bread, Wild & WG Rice,- Milk - 1%	<b>22</b> Grilled Chicken Fettuccine w/ Veg. w/ Parmesan Cheese, Italian Green Salad w/ (garbanzo bean garnish)w/ Romaine w/ Italian Dressing, Green Beans, Apple, Dinner Roll, Milk - 1%	<b>23</b> Hamburger w/ Cheese & Mustard C & Ketchup, Baked Beans, Cucumber, Tomato & Onion Salad, Mixed Berries w/ Whip Topping, Bun, Chocolate Chip Cookie, Milk - 1%
<b>26</b> Chicken w/ Cavatappi Pasta, Green Beans, Italian Green Salad w/ (garbanzo bean garnish ) w/ Romaine w/ French Dressing, Peaches Italian Bread, Milk - 1%	<b>27</b> Salisbury Steak w/ LS Beef Gravy, Zucchini & Tomatoes, Diced Carrots, Cinnamon Applesauce, WW Dinner Roll w/ Margarine, Milk - 1%	<b>28</b> Cheesy Lasagna Roll Ups, w/ Parmesan Cheese, Green Salad w/Romaine w/ French Dressing, Green Beans, Strawberries w/ Whip Topping, Italian Bread, Marinara Sauce, Milk - 1%	<b>29</b> Beef Philly Steak, Sandwich w/ Mozzarella Cheese, Green Pepper & Onion garnish w/ Mayo, Parsley Round Potatoes, Coleslaw, Orange, Submarine Roll, Milk - 1%	<b>30</b> Turkey Tetrzzini w/ Cheddar Cheese garnish, Garden Peas & Pearl Onions, Cucumber, Tomato & Onion Salad, Apricots, WW Bread w/ Margarine, Milk - 1%