


May 2026

Meal Calendar

Dexter Senior Center



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
				1 Beef Barley Casserole Wheat bread FF Italian dressing Carrots/Orange Low fat milk Margarine
4 Ginger and Garlic Beef Brown rice/Wheat bread Cooked broccoli Mandarin oranges Low fat milk Margarine	5 Maple Glazed Chicken Cooked cabbage Roasted redskin potatoes Wheat bread Peaches Low fat milk Margarine	6 Chicken A La King Egg noodles Wheat bread Carrots Gala apple Low fat milk Margarine	7 Sloppy Joe Mix WW Bun Baby carrots Mixed fruit FF Dressing Low fat milk Margarine	8 Chicken Enchilada Corn tortilla Brown rice Mixed vegetables Pineapple Low fat milk Margarine
11 Chicken Fettucine Alfredo Wheat bread Prince Charles blend Peaches Low fat milk Margarine	12 Pot Roast Roasted sweet potato Wheat bread California blend Gala Apple Low fat milk Margarine	13 White Bean Chicken Chili Crackers Side salad FF Italian Dressing Orange Low fat milk Margarine	14 Chicken Pasta/Veggies Wheat bread Broccoli/Cauliflower Mandarin Oranges Low fat milk Margarine	15 Paprika Chicken Mashed Potatoes Wheat Bread Peaches Green beans/Carrots Low fat milk Margarine
18 Potato Crusted Pollack Sweet potato/WW bread Peas and carrots Strawberry applesauce Low fat milk Margarine	19 Chicken Wild Rice Soup Potato salad Creamy coleslaw Mandarin Oranges Low fat milk Margarine	20 Hamburger Stroganoff Peas and pearl onions Wheat bread Mixed fruit Low fat Milk Margarine	21 Salisbury Steak Roasted potatoes Wheat bread Pineapple Mixed vegetables Low fat milk Margarine	22 Tikka Masala Jasmine rice Wheat bread Apple Green beans Low fat milk Margarine
25 Closed-Memorial Day 	26 Stir Fry Steak Brown rice Wheat bread/Mixed fruit Oriental vegetables Low fat milk Margarine	27 Chicken Pasta Salad Wheat roll Peas and carrots Strawberry applesauce Low fat milk Margarine	28 Vegetable Lasagna Wheat bread Baby carrots Mandarin oranges Low fat milk Margarine	29 Beef Barley Casserole Wheat bread Carrots/Orange FF Italian dressing Low fat milk Margarine