


Aging Projects Inc.
 22 Serving Days
 1 Holiday

MAY 2024

This menu served in:
 Butler, Harvey, Sedgwick Co.

MONDAY		TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
DAILY MEAL PATTERN			1	2	3
Protein = 3oz (minimum) Vegetable = 1/2c (1C leafy greens) Fruit = 1/2c (1/4c dried) Grains = 1/2c or 1oz eq (50% whole grain) Dairy = 1C			wg Breaded Chicken Patty 3oz Mashed Potatoes 4oz w/ Cream Gravy 2oz Apricots 4oz Whole Grain Roll w/ Margarine Milk 8oz	Goulash 8oz Three Bean Salad 4oz Pears 4oz Whole Grain Garlic Bread Milk 8oz	Tuna Salad 3oz (on) Croissant Tomato Salad 4oz Mixed Fruit 4 Milk 8oz <i>(All Cold)</i>
6	7	8	9	10	
Creamed Chicken 6oz (over) Whole Grain Biscuit Mixed Vegetables 4oz Peaches 4oz Milk 8oz	BBQ Pork Riblet 3oz Scalloped Corn 4oz Cinnamon Apples 4oz WG Cornbread Muffin w/ Margarine Milk 8oz	Sweedish Steak 3oz Cream Peas & Potatoes 4oz Mixed Fruit 4oz Whole Grain Roll w/ Margarine Milk 8oz	Turkey & Broccoli Cass 8oz Parslied Carrots 4oz Flavored Applesauce 4oz Whole Grain Breadstick <i>Chef's Choice Birthday Cake</i> Milk 8oz	Chicken (3oz) Taco Salad <i>Lettuce (1C) Shred Cheese (2oz)</i> <i>Tortilla Chips (1oz) Salsa Pkg (1ea)</i> Mexican Rice 4oz Tropical Fruit Crisp 4oz Milk 8oz	
13	14	15	16	17	
Beef Cutlet 3oz w/ Spanish Sauce (over) Rice 4oz Green Beans 4oz Pineapple 4oz Milk 8oz	Cranberry Meatballs 4oz Baked Potato w/ Margarine Peach Crisp 4oz Wheat Bread w/ Margarine Milk 8oz	Chicken & Rice Cass 8oz Mixed Vegetables 4oz Apricots 4oz Whole Grain Roll w/ Margarine Milk 8oz	Breaded Pork Patty 3oz (on) Whole Grain Bun Lettuce & Tomato / BBQ Sauce Cauli Brocc Raisin Salad 4oz Tropical Fruit 4oz Milk 8oz	Tuna Pasta Salad 8oz Cuke & Tomato Salad 4oz Blushing Pears 4oz Crackers 2pks Milk 8oz <i>(All Cold)</i>	
20	21	22	23	24	
Scalloped Potatoes & Turkey 8oz Green Beans 4oz Pineapple 4oz Whole Grain Breadstick Milk 8oz	Beef Stroganoff 8oz Glazed Carrots 4oz Pears 4oz Wheat Roll w/ Margarine Milk 8oz	Pimento Cheese Spread 3oz (on) Croissant Cream of Tomato Soup 6oz Mixed Fruit 4oz Milk 8oz	Chicken & Cheese Cass 8oz Corn 4oz Spiced Peaches 4oz Whole Grain Garlic Toast Milk 8oz	BBQ Pork 3oz (on) Whole Grain Bun Baked Beans 4oz Apple Crisp 4oz Potato Chips 1oz Milk 8oz	
27	28	29	30	31	
	Italian Chicken Breast 3oz Peas & Carrots 4oz Apricots 4oz Wheat Bread w/ Margarine Milk 8oz	Salisbury Steak 3oz <i>(in gravy)</i> Mashed Potatoes 4oz Blushing Pears 4oz Whole Grain Roll w/ Margarine Milk 8oz	Fish (3oz) Sandwich (on) Whole Grain Bun <i>Cheese Slice & Tarter Sauce</i> Cucumber Salad 4oz Ambrosia Fruit Salad 4oz Milk 8oz	Chef Salad w/ Turkey 3oz meat Combo Salad w/ Carrots 1c <i>Shred Cheese (2oz) Diced Egg (1oz)</i> <i>Tomato (1oz) Dressing Pkg (large)</i> Applesauce 4oz Garlic Cheddar Biscuit Milk 8oz <i>(All Cold)</i>	