

MOW NUTRITION Weatherford

May 2022

Sandy Williams, Site Manager
 For Reservations call 772-1193
 Call before 9:00 a.m.
 Or you can call the day before.

Note: Suggested donation for
60 years or Older is \$3.00
 Meal Cost for under 60 - \$7.00
 (Menus Are Subject To Change)

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
2 Taco Salad w/Cheese Chili Beans Tortilla Chips and Salsa Bread Pudding Milk	3 Salisbury Steak/Gravy Buttered Chunk Potatoes Vegetable Blend Wheat Hot Roll Applesauce Cake Milk	4 Smoked Sausage Corn Broccoli Salad Hot Roll Fruit Cobbler Milk	5 Ham/Cheese Sandwich Lettuce Tomato Mayo Potato Soup Peaches Oatmeal Raisin Cookies/Milk	6 Chicken Parmesan Mashed Potatoes Zucchini and Tomatoes Angel Biscuit Melon or Fruit Milk
9 Sloppy Joe on Bun Baked Beans Potato Salad Fresh Fruit Cup Milk	10 Chicken Salad Vegetable Soup Pickled beets Saltine Crackers Pudding Milk	11 Macaroni/Cheese/Ham Corn Spinach Hot Roll Jell-O Fluff Milk	12 Submarine Sandwich Assorted Relishes Cucumber/Onion Salad Frosted Wacky Cake Milk	13 Chicken & Dressing Casserole Candied Sweet Potatoes Green Beans Wheat Hot Roll Milk
16 Meat Loaf Mashed Potatoes/Gravy Glazed Carrots Hot Roll Cherry Applesauce Milk	17 Chicken Pot Pie Cabbage Garden Tomato Salad Biscuit Rice Pudding Milk	18 Chef Salad/Dressing Pea Salad Saltine Crackers Cinnamon Roll Milk	19 Steak Fingers/Gravy Mashed Potatoes Broccoli Hot Roll Milk Watermelon or Fresh Fruit	20 Ham and Beans Pickled Beets Marinated Cucumbers Mexican Cornbread Strawberry Shortcake Milk
23 Spaghetti/Meat Sauce Green Beans Green Salad/Dressing Garlic Bread Stick Chocolate Chip Cookies Milk	24 Oven Fried Chicken Mashed Potatoes/Gravy Green Peas Wheat Hot Roll Melon or Fresh Fruit Milk	25 Hobo Dinner (Beef) Carrots, Potatoes, Onion Cabbage Hot Roll Jell-O Poke Cake Milk	26 BBQ Pork on Bun Baked Beans Potatoes Wedges Ambrosia Milk	27 Enchilada Casserole Mexican Corn Combination Salad/Dressing Tortilla Chips and Salsa Hot Cinnamon Apples Milk
30 CLOSED for Memorial Day	31 Hot Chicken Salad Sweet Potatoes Green Beans Bread Stick Jell-O Milk		Donations for March \$4,058.50	Meals Served in March Congregate – 796 Homebound and Pick up - 1008