

Longe Community Table Dining Program Well-being as we age

Monday	Tuesday	Wednesday	Thursday	Friday
		1	2	3
		Tender Beef Strips w/mushroom gravy over mashed potatoes. Capri Vegetables Orange Slices/ Dinner Roll	Veggie Burger w/ cheese, lettuce and tomato Dilled Cucumber Salad French Fries Peaches	Your Choice: Pork or Shrimp Soft Taco (2) Taco Slaw Spanish Rice Black Bean Salad Churro
Egg Salad Sandwich Lentil Soup Chips Applesauce	Mac and Cheese Pickled Beet Salad Green Beans Fresh Fruit Dinner Roll	Southwestern Salad: Chicken, Beans, Cheese, Corn, Romaine, and tomato in a tortilla bowl w/fiesta dressing Banana Pudding Parfait	Club Sandwich Dill pickle Sun Chips Broccoli Salad Mixed Fruit	Mother's Day Lunch Grilled Salmon Caesar Salad Roasted Potatoes Garden Vegetables Strawberry Shortcake
13	14	15	16	17
Stuffed Bell Peppers Steamed Rice Peas and Carrots Apricots Dinner Roll	Chicken Primavera Pasta Brussels Sprouts Garlic Bread Ambrosia Fruit Salad	Crispy Fish Sandwich w/tarter Coleslaw French Fries Applesauce	Cranberry Turkey Wrap Broccoli Salad Sun Chips Cookie Peaches	Shrimp Louie Salad Breadstick Muffin Fresh Fruit
20	21	22	23	24
Hot Seafood Sandwich Seasoned Potato Wedges Fresh Fruit Cookie	Hot Beef & Cheddar Sandwich w/ pepper & onion Pea and Cheese Salad Potato Wedges Mixed Fruit	Turkey Pot Pie w/ biscuit top Garden Salad Pudding Fresh Fruit	Crispy Chicken Salad: Romaine, Cucumber, Tomato, Boiled Egg and Cheddar Cheese Soup of the Day Peaches Dinner Roll	Chili Dog Coleslaw Garlic Fries Watermelon
27	28	29	30	31
Closed: Memorial Day	Red Beans and Rice Bowl w/smoked sausage and grilled onions and peppers Garden Salad Tropical Fruit Dinner Roll	Cobb Salad Breadstick Mandarin Oranges Brownie	Grilled Lemon Herb Pollock Wild Rice Caribbean Vegetables Dinner Roll Peaches	Chicken Parmesan on spaghetti w/ marinara and parmesan Breadstick California Vegetables Pears