

OSCEOLA COUNCIL ON AGING

ADHC Lunch Menu

May 2022



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
05/02/22	05/03/22	05/04/22	05/05/22	05/06/22
Spaghetti and Meatballs Spaghetti Pasta Parslied Carrots Yellow Squash Fresh Fruit Milk or Fortified Juice	Ham & Broccoli Rice Casserole Whole Kernel Corn Cabbage Fresh Fruit Milk or Fortified Juice	Chicken Enchiladas Black Beans and Rice Whole Kernel Corn Fresh Fruit Milk or Fortified Juice	Hamburger Patty Roasted Sweet Potatoes Green Beans Hamburger Bun Fresh Fruit Milk or Fortified Juice Mustard & Ketchup	Cranberry Apple Pork Rice Catalina Vegetable Blend Mashed Spiced Yams Fresh Fruit Milk or Fortified Juice
05/09/22	05/10/22	05/11/22	05/12/22	05/13/22
Chicken & Dumplings Whole Kernel Corn Green Beans Biscuit Fresh Fruit Milk or Fortified Juice	Pork Ropa Vieja Arroz con Gandules Black Beans Mixed Vegetables Fresh Fruit Milk or Fortified Juice	Chicken Cordon Bleu Penne Pasta Carrots Cabbage Fresh Fruit Milk or Fortified Juice	Beef Picadillo Rice Sweet Plantains Broccoli Applesauce Milk or Fortified Juice	Turkey Breast w/Gravy Garlic Whipped Potatoes Brussels Sprouts & Carrots Cornbread Dressing Fresh Banana Milk or Fortified Juice Diet Gelatin
05/16/22	05/17/22	05/18/22	05/19/22	05/20/22
Spanish Rice w/Chicken Black Beans Zucchini w/Tomatoes Fresh Fruit Milk or Fortified Juice Diet Gelatin	Meatloaf w/Gravy Whipped Potatoes Peas and Carrots Cornbread Fresh Fruit Milk or Fortified Juice	Breaded Fish Roasted Sweet Potatoes Green Beans Hamburger Bun Applesauce Milk or Fortified Juice Tartar Sauce	Shredded Pork Cilantro Lime Rice Whole Kernel Corn Broccoli Fresh Fruit Milk or Fortified Juice	Rosemary Chicken Penne Pasta Black-eyed Peas Glazed Carrots Fresh Banana Milk or Fortified Juice
05/23/22	05/24/22	05/25/22	05/26/22	05/27/22
Parmesan Chicken Penne Pasta Italian Vegetables Green Peas Fresh Fruit Milk or Fortified Juice	Lemon Herb Turkey Whipped Potatoes Mixed Greens Cornbread Fresh Banana Milk or Fortified Juice	Beef Stroganoff Green Beans Carrots Applesauce Milk or Fortified Juice Diet Gelatin	Arroz con Pollo Black Beans Mexican Corn Fresh Fruit Milk Milk or Fortified Juice	BBQ Pork Riblet Roasted Sweet Potatoes Capri Vegetables Hamburger Bun Fresh Fruit Milk or Fortified Juice
05/30/22	05/31/22	Portion sizes:		
Closed for the Memorial Day Holiday	Ham & Broccoli Rice Casserole Whole Kernel Corn Cabbage Fresh Fruit Milk or Fortified Juice	1: 3 oz serving of protein 2: 4 oz servings fruit/vegetable 2 ounce of bread or alternative 1 pat of margarine 1: 4 oz serving dessert or fruit 1/2 pint milk Average of 600 calories per meal	Menu subject to change without notice. *We offer a variety of foods adapted to the food habits, preferences and physical abilities of the participants	