

May 2022

Monday	Tuesday	Wednesday	Thursday	Friday
2 9:00 Pool Table 10:00 Knitting/Crochet/ Embroidery/Cross Stich 11:30 Grab & Go 1:00 Cards	3 11:30 Grab & Go 1:00 Bingo	4 9:00 Art Class 11:30 Grab & Go	5 11:30 Grab & Go 1:00 Scrabble 1:00 Senior Club	6
9 9:00 Pool Table 10:00 Knitting/Crochet/ Embroidery/Cross Stich 11:15 Drums Alive– Pending 11:30 Grab & Go 1:00 Cards	10 10:00 Town Nurse 11:30 Grab & Go 1:00 Bingo	11 9:00 Art Class 11:30 Grab & Go 1:00 The Harper and the Minstrel – Please call to reserve.	12 11:30 Grab & Go 1:00 Scrabble (Rain Date) 1:00 The Harper and the Minstrel	13
16 9:00 Pool Table 10:00 SHINE 10:00 Knitting/Crochet/ Embroidery/Cross Stich 11:15 Drums Alive– Pending 11:30 Grab & Go 1:00 Cards	17 11:30 Grab & Go 1:00 Bingo	18 9:00 Art Class 11:00 Book Club @ The Police Station 11:30 Grab & Go 1:00 Music with Seniors– Please call to reserve.	19 11:30 Grab & Go 1:00 Scrabble (Rain Date) 1:00 Music with Seniors	20 12:00 Calvary Pentecostal Church Free Drive Through Lunch – Please call to reserve.
23 9:00 Pool Table 10:00 Knitting/Crochet/ Embroidery/Cross Stich 11:15 Drums Alive– Pending 11:30 Grab & Go 1:00 Cards	24 11:30 Grab & Go 1:00 Bingo	25 8:00 Senior Breakfast at Freetown-Lakeville Middle School – Please call to reserve. 9:00 Brown Bag 9:00 Art Class 11:30 Grab & Go	26 1:00 Scrabble 11:30 Grab & Go	27
30 HOLIDAY Memorial Day 	31 11:30 Grab & Go 1:00 Bingo			

Monday	Tuesday	Wednesday	Thursday	Friday
2 Broccoli & Egg Bake 387 Hash Browns 136 Scalloped Tomatoes 143 Fruit Loaf 102 Orange Juice 0	3 Cheeseburger 387 Potato Wedges 27 Zucchini & Tomato 39 Hamburger Roll 230 Mandarin Oranges 6	4 BBQ Pork Patty 653 Italian Penne 1 Green & Wax Beans 3 Oatmeal Bread 121 Pineapple 1	5 Cinco de Mayo Mexican Chicken Filet 173 Black Beans & Rice 35 Peppers & Onions 3 Flour Tortilla 236 Mixed Fruit w/Coconut 10	6 Cheese Lasagna 359 Broccoli 12 WW Roll 160 Pears 4
Sodium: 940 Calories: 865 Carbs: 82	Sodium: 861 Calories: 787 Carbs: 73	Sodium: 951 Calories: 609 Carbs: 81	Sodium: 629 Calories: 643 Carbs: 84	Sodium: 707 Calories: 468 Carbs: 66
9 Salmon 67 Teriyaki Sauce 158 Orzo Pilaf 173 Peas 82 Multigrain Bread 190 Vanilla Pudding 174 MOD: SF Pudding 110	10 Hot Dog* 550 Mustard 55 Baked Beans 36 Mixed Veggies 41 HD Bun 210 Fresh Orange 0	11 Beef Chili 176 White Fluffy Rice 36 Corn Bread 280 Applesauce 20	12 Mac n Cheese 404 Tomato Florentine 121 Wheat Roll 160 Peaches 5	13 Roast Turkey w/ Gravy 373 Cranberry Sauce 3 Whipped Potato 52 Butternut Squash 11 Oatmeal Bread 121 Strawberry Shortcake 176 LS Cake 110
Sodium: 1016 Calories: 808 Carbs: 105	Sodium: 1064 Calories: 784 Carbs: 92	Sodium: 87 Calories: 651 Carbs: 87	Sodium: 863 Calories: 715 Carbs: 88	Sodium: 908 Calories: 886 Carbs: 145
16 Meatballs 496 Hash Browns 136 Tuscany Blend 56 Sub Roll 162 Pineapple 1	17 Chicken alla Vodka 375 Penne Pasta 1 Italian Veg 26 Scali Bread 310 Mandarin Oranges 6	18 Shepherd's Pie 271 Glazed Carrots 83 Multigrain Roll 190 Choc Chip cookie 171 MOD: SF Cookie 120	19 Pork Tetrazzini 223 California Blend Veg 27 WW Roll 160 Peaches 5	20 Honey Mustard Chicken 481 Mixed Vegetable 41 Rice Medley 134 Honey Wheat Bread 135 Mixed Fruit w/Coconut 10
Sodium: 1024 Calories: 621 Carbs: 79	Sodium: 890 Calories: 644 Carbs: 91	Sodium: 887 Calories: 1017 Carbs: 133	Sodium: 587 Calories: 704 Carbs: 81	Sodium: 964 Calories: 665 Carbs: 104
23 Fish Sandwich 337 Tartar Sauce 261 Chuckwagon Blend 2 Hot German Slaw 81 Hamburger Bun 230 Pears 4	24 Broccoli & Cheese 388 Omelet Hash Browns 136 Fruit Loaf 102 Orange Juice 10	25 Grilled Chicken 320 Lemon Dill Sauce 111 Confetti Rice 43 Roasted Beets 162 Honey Wheat Bread 135 Fresh Peach 5	26 Meatloaf 131 Rosemary Gravy 124 Whipped Potato 52 Mixed Vegetables 41 Oatmeal Bread 121 Birthday Cake 209 SF Cake 110	27 Roast Pork 71 Mint Gravy 8 Delmonico Potato 142 Spring Blend 57 Multigrain Bread 190 Applesauce 20
Sodium: 1086 Calories: 825 Carbs: 96	Sodium: 798 Calories: 658 Carbs: 72	Sodium: 948 Calories: 584 Carbs: 73	Sodium: 849 Calories: 852 Carbs: 117	Sodium: 660 Calories: 686 Carbs: 77
30 No Meals Delivered 	31 Cheese Tortellini 187 Alfredo Sauce 115 Italian Blend 26 Snowflake Roll 260 Pears 4 Sodium: 765 Calories: 668 Carbs: 97	*Indicates a food with more than 500mg of sodium. The sodium (mg) content of each item is next to the item. The daily totals are listed below each day. Milk and margarine are included in the daily totals but are not listed daily. High sodium days (>1200mg) are bold	For cancellations of home delivered meals, call the Nutrition Office at 1-508-324-4619 . If you want to cancel a meal, call no later than 10:30 a.m. on the day before.	All Meals include: Milk: 110 Calories 125mg Sodium 12g Carbs Margarine: 36 Calories 47mg Sodium 0 carbs

Without your suggested voluntary donation of \$2.25 per meal many people would go hungry. Please give. Checks are preferred.

Menu is subject to change without notice.