

May 2022 Menu subject to change due to product availability. 1% Milk served with meal.

Monday	Tuesday	Wednesday	Thursday	Friday
<b>2</b> Prime Rib of Pork Baked Potato Parslied Cauliflower Rye Bread Mixed Fruit	<b>3</b> Italian Sausage Marinara Scalloped Potatoes Brussels Spouts Wheat Sausage Bun Fresh Melon Juice *Italian Ground Pork	<b>4</b> BBQ Pulled Chicken Cheesy Mashed Potatoes Broccoli Wheat Sandwich Bun Chilled Pears	<b>5</b> Dilled Tuna Salad Sandwich Lettuce and Tomato Garbanzo & Kidney Bean w/ Slivered Carrots Balsamic Wheat Kaiser Banana, Fruit Cup	<b>6</b> Chicken Marbella Rice Florentine Country Blend Veg Whole Wheat Bread Whole Orange
<b>9</b> Kielbasa Dilled Baby Red Potatoes Bean Casserole Rye Bread Fruit Cup *low sodium Italian Pork	<b>10</b> Chicken w/ Garden Rotini Pasta Salad Mixed Salad Greens Herbed Tomato Wedges Multi- Grain Bread Pineapple Tid Bits Chef Choice	<b>11</b> Souffle Lorraine Potatoes O'Brien Fruit Cup Blueberry Muffin Bread Fresh Orange	<b>12</b> Baked Meatloaf w/ Country Gravy Mashed Potatoes Carrots and Chives Whole Wheat Bread Peaches Fresh Melon	<b>13</b> Potato Crusted Fish Filet Au Gratin Potatoes Cole Slaw Whole Wheat Bread Hot Applesauce *diced potatoes
<b>16</b> Meatballs Marinara Sub Sandwich Potatoes Italiano Italian Green Beans Wheat French Roll Whole Orange *low sodium beef patty	<b>17</b> Salisbury Steak & Vegetables Mashed Potatoes Cabbage & Carrots Multi-Grain Bread Oatmeal Raisin Cookie, Mixed Fruit *diabetic sub	<b>18 SUB/ with Hot Meal</b> Roasted Turkey Breast & Wisconsin Cheddar Wheat Kaiser Lettuce & Tomato Pea Salad Pineapple Tid Bits	<b>19</b> Chicken & Mini Dumplings Garden Vegetables Corn and Black Bean Salad Multi-Grain Dinner Roll Hot Glazed Apples Banana	<b>20</b> Veal Parmesan Penne Pasta w/ Marinara Sauce Broccoli Wheat Vienna Bread Fresh Melon
<b>23</b> Chicken Ala Orange Vegetable Rice Pilaf Green Bean Salad Wheat Cranberry Bread Hot Peach Crumble	<b>24</b> French Dip of Beef W/ Mushrooms & Onions Oven Fries Corn Wheat French Roll Fresh Melon Chef Choice	<b>25</b> Classic Lasagna W/ Meat Sauce Squash Medley Italian Green Beans Whole Wheat Bread Chilled Pears *diabetic sub	<b>26</b> Surimi Crab Salad Mixed Salad Greens & Tomato Wedges Dilled Cucumbers Whole Wheat Bread Apple Crisp, Fruit Cup *diabetic sub	<b>27</b> Hot Dog Twice Baked Potato Casserole Peas and Carrots Wheat Hot Dog Bun Banana *Low Sodium Pork BBQ

<b>30</b>	<b>31</b> Hamburger Bean Casserole Mixed Vegetables Wheat Hamburger Bun Fruit Sunburst, Melon *low sodium white beans *diabetic sub	<b>1 SUB/ with Hot Meal</b> BLT Chicken Salad Mixed Greens & Tomato Wedges, Tri-Bean Salad Crackers Mandarin Oranges *low sodium sub no bacon, *diabetic sub	<b>2</b> Spaghetti and Meatballs W/ Marinara Sauce Capri Vegetables Wheat Vienna Bread Chilled Pears *low sodium meat sauce	<b>3</b> Herbed Baked Chicken Mashed Potatoes and Gravy Green Bean Casserole Bran Muffin Bread Melon
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Funds (in whole/part) for this program are provided through an award/contract from AgeOptions, the Area Agency on Aging of suburban Cook County, under Title III of the Older Americans Act as administered through the Illinois Department on Aging and Federal Administration on Aging.

Kenneth Young Center does not discriminate in admission to programs or activities of employment in compliance with appropriate State and Federal statutes. If you feel you have been discriminated against, call the Illinois Department on Aging at 800-252-8966, (voice and TDD) or AgeOptions at 800-699-9043.

**To cancel meal call 847 524 8800 ext 175**