

# Burnside Center Congregate May Menu

Monday		Tuesday		Wednesday		Thursday		Friday	
								<b>1</b>	
								<b>NO MEAL SERVICE</b>	
<b>4</b>		<b>5</b>		<b>6</b>		<b>7</b>		<b>8</b>	
Vegetable Lasagna	56gm	Chicken and Rice Casserole	42gm	<b>NO MEAL SERVICE</b>		Beef Sloppy Joe	5gm	<b>NO MEAL SERVICE</b>	
Harvard Beets	8gm	Sauteed Carrots	4gm			Baked Beans	21gm		
Mixed Berry Crisp	18gm	Warm Cinnamon Apples	2gm			Chocolate Zucchini Cake	28gm		
Whole Grain Roll	35gm	Whole Grain Roll	35gm			Hamburger Bun	26gm		
<b>11</b>		<b>12</b>		<b>13</b>		<b>14</b>		<b>15</b>	
Beef Chili	22gm	Shepherd's Pie	10gm	<b>NO MEAL SERVICE</b>		Macaroni & Cheese	19gm	<b>NO MEAL SERVICE</b>	
Wax Beans & Peppers	5gm	Cheddar Mashed Potatoes	20gm			Sauteed Spinach	3gm		
Banana Bread Pudding	17gm	Sweet Red Cabbage	3gm			Oatmeal Cake	36gm		
Cornbread Muffin	30gm	Vanilla Cheesecake	16gm			Whole Grain Roll	35gm		
<b>18</b>		<b>19</b>		<b>20</b>		<b>21</b>		<b>22</b>	
Sesame Chicken	27gm	Meatloaf and Gravy	18gm	<b>NO MEAL SERVICE</b>		Pulled Pork	5gm	<b>NO MEAL SERVICE</b>	
White Rice	17gm	Mashed Potatoes	17gm			Potatoes O'Brien	12gm		
Wax Beans and Peppers	5gm	Stewed Tomatoes	4gm			Carrot Cake	23gm		
Pineapple Upside-Down Cake	28gm	Corn Pudding	22gm			Hamburger Bun	21gm		
Chow Mein Noodles	9gm	Whole Grain Roll	35gm						
<b>25</b>		<b>26</b>		<b>27</b>		<b>28</b>		<b>29</b>	
<b>MEMORIAL DAY CENTER CLOSED</b>		Herb Roasted Chicken	0gm			Vegetable Alfredo	18gm		
		Brussels Sprouts	7gm			Wax Beans & Peppers	5gm		
		Cherry Crisp	19gm			Caramel Cake	34gm		
		Whole Grain Roll	35gm			Whole Grain Roll	35gm		



Monday, Tuesday, and Thursday  
 11:30 a.m. - 12:30 p.m.  
 \$3.00 suggested donation for seniors 60+  
 \$7.00 fee for guests under the age of 60

