



Connections AAA - Congregate

May 2017

Monday		Tuesday		Wednesday		Thursday		Friday						
1	Swiss Steak Red Potatoes Carrots Wheat Bread Fruit Cocktail Milk Coffee Margarine	0.5 CHO 1 CHO 0.5 CHO 1 CHO 1.5 CHO 1 CHO	2	Taco Beef Lettuce & Tomato Pinto Beans Corn O'Brien Tortilla Chips [C] Flour Tortilla (H) Tropical Fruit Coffee Milk Taco Sauce Sour Cream	2 CHO 1.5 CHO 1.5 CHO 1 CHO 2 CHO	3	Breaded Pollock or Breaded Chicken Rosemary Potatoes Broccoli and Cauliflower Wheat Hamburger Bun Chewy Peanut Butter Bar Milk Coffee Margarine	1 CHO 0.5 CHO 1 CHO 1 CHO 1 CHO 1 CHO	4	Beef Goulash Italian Vegetable Blend Mixed Green Salad Dinner Roll Hot Apples with Raisins Milk Coffee Margarine Italian Dressing	1 CHO 0.5 CHO 1 CHO 1.5 CHO 1 CHO	5	Turkey Breast Supreme Sauce Mashed Yams Harvard Beets Multi Grain Bread Peaches Milk Coffee Margarine	2 CHO 1.5 CHO 1 CHO 1.5 CHO 1 CHO
8	Potato Crusted Fish or Western Baked Beef Macaroni & Cheese Brussels Sprouts Wheat Bread Tropical Fruit Milk Coffee Margarine	1 CHO 1 CHO 0.5 CHO 1 CHO 2 CHO 1 CHO	9	Chicken Noodle Casserole Green Beans Stewed Tomatoes Dinner Roll Sugar Cookie Milk Coffee Margarine	1.5 CHO 0.5 CHO 0.5 CHO 1 CHO 1 CHO 1 CHO	10	Roast Beef Brown Gravy Whipped Potatoes California Mixed Vegetables Multi Grain Bread Birthday Cake 🎂 Milk Coffee Margarine	1 CHO 1 CHO 1 CHO 2 CHO 1 CHO	11	Breaded Chicken Thigh Baked Potato Mixed Vegetables Wheat Bread Peaches Milk Coffee Sour Cream Margarine (2)	1 CHO 1.5 CHO 1 CHO 1 CHO 1.5 CHO 1 CHO	12	Mother's Day Glazed Ham Scalloped Potatoes Green Peas Wheat Roll Strawberry Shortcake Cookie Milk Coffee Margarine Sour Cream 🌸	0.5 CHO 1 CHO 1 CHO 1 CHO 1 CHO 1 CHO
15	Baked Chicken Breast Savory Apricot Sauce Whole Red Potatoes Parslied Carrots Wheat Roll Fresh Banana Milk Coffee Margarine	1 CHO 1 CHO 0.5 CHO 1 CHO 1.5 CHO 1 CHO	16	Beef Cabbage Casserole Seasoned Green Beans Multi Grain Bread Peach Cobbler Milk Coffee Margarine	1 CHO 0.5 CHO 1 CHO 2.5 CHO 1 CHO	17	Chicken Cacciatore Lima Beans Broccoli Wheat Bread Sliced Pears Milk Coffee Margarine	1 CHO 1 CHO 1.5 CHO 1 CHO	18	Homemade Meatloaf Tomato Gravy Whipped Potatoes Green Peas Wheat Bread Strawberry Applesauce Milk Coffee Margarine	0.5 CHO 1.5 CHO 1 CHO 1 CHO 1.5 CHO 1 CHO	19	Pork Loin Brown Gravy Roasted Potato Medley Whole Kernel Corn Dinner Roll Pineapple Tidbits Milk Coffee Margarine	1 CHO 1 CHO 1 CHO 1.5 CHO 1 CHO
22	Chicken A La King Carrots Stewed Tomatoes Biscuit Sliced Pears Milk Coffee Margarine	1 CHO 0.5 CHO 0.5 CHO 1.5 CHO 1.5 CHO 1 CHO	23	Beef Chili Baked Potato Tossed Salad Crackers Hot Cinnamon Applesauce Milk Coffee Margarine Sour Cream Ranch Dressing	1.5 CHO 1.5 CHO 0.5 CHO 1 CHO 1 CHO	24	Pork Loin Supreme Sauce Buttered Rotini Harvard Beets Multi Grain Bread Chocolate Chip Cookie Milk Coffee Margarine	1.5 CHO 1.5 CHO 1 CHO 1.5 CHO 1 CHO	25	Turkey Breast Turkey Gravy Baked Sweet Potato Spring Vegetable Blend Multi Grain Bread Fruit Cocktail Milk Coffee Margarine	2 CHO 0.5 CHO 1.5 CHO 1 CHO	26	Memorial Day Pulled Pork BBQ Sauce Baked Beans Coleslaw Hamburger Bun Mixed Fruit Crisp Milk Coffee 🍷	0.5 CHO 2 CHO 1.5 CHO 4 CHO 1 CHO
29		30		31										
Closed for Holiday 		Oven Fried Chicken Whipped Potatoes with Gravy Green Peas Wheat Bread Mandarin Oranges Milk Coffee Margarine		Salisbury Beef Mashed Red Potatoes Cabbage and Carrots Wheat Bread Fresh Banana Milk Coffee Margarine				**MENU SUBJECT TO CHANGE WITHOUT NOTICE** CHO denotes carbohydrate choices. 1 CHO = 15 grams of carbohydrates.						

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