

May 2019		POPE COUNTY SENIOR WELLNESS & ACTIVITY CENTER			CONGREGATE MENU	
Monday	Tuesday	Wednesday	Thursday	Friday		
		<b>1</b> Fried Pork Chop Mashed Potatoes Creamy Gravy Green Beans w/Onion Buttery Biscuit Strawberry Cake	<b>2</b> 2 Soft Beef Taco's w/ Lettuce & Tomato Spanish Rice/Refried Bean Tortilla Chips Sour Cream Ice Cream Sandwich	<b>3</b> Pinto Beans w/Ham Fried Potatoes Turnip Greens Regular or Mexican Cornbread Possum Pie		
<b>6</b> Beef Liver & Onion or Salisbury Steak Mashed Potatoes Brown Gravy Mixed Vegetables Wheat Roll/Pudding Cup	<b>7</b> Chicken & Dumplings Green Peas & Carrots Buttery Biscuit Earthquake Cake	<b>8</b> Reuben on Rye or Grilled Ham & Swiss on White w/Lettuce, Tomato Fried Okra Crinkle French Fries Ambrosia	<b>9</b> Turkey & Rice Casserole Broccoli Sauté Garlic Cheese Biscuits Apple Dump Cake	<b>10</b> Pot Roast Stuffed Baked Potato Fresh Vegetable Salad Texas Toast Tropical Fruit		
<b>13</b> Oven Fried Chicken Mashed Potatoes Country Gravy Sweet Corn Wheat Roll Fruit Cocktail w/Cherries	<b>14</b> Cheeseburger Lettuce, Tomato, Pickle Ruffles Potato Chips w/French Onion Dip Pineapple Coleslaw Orange Sherbet	<b>15</b> Chicken Fried Steak Mashed Potatoes Country Gravy California Vegetables Wheat Roll Jell-O & Fruit	<b>16</b> Baked Pitt Ham Loaded Sweet Potato Cornbread Salad Wheat Roll Peach Cobbler	<b>17</b> Ritzy Fried Chicken Twice Baked Mashed Potato Broccoli Medley Wheat Roll Applesauce		
<b>20</b> Chicken Parmesan Over Herbed Linguine Italian Green Beans Garlic Toast Assorted Pies	<b>21</b> Baked White Fish or Baked Drumsticks Over Rice a Roni Pacific Vegetable Wheat Roll Citrus Cup	<b>22</b> Chicken or Ham Salad on White Bread Lettuce, Tomato, Pickle 3 Bean Salad Tomato Soup Spiced Apples	<b>23</b> Slow Cooked Beef Roast Mashed Potatoes Homemade Gravy Brown Sugar Carrots White Roll Mandarin Cake	<b>24</b> Great Northern Beans w/Ham Red Roasted Potatoes Turnip Greens Regular or Mexican Cornbread Million Dollar Pie		
<b>27</b> <p style="text-align: center;"><b>Closed</b></p> <p style="text-align: center;">Memorial Day</p>	<b>28</b> Taco Casserole Side Salad Tortilla Chips Sour Cream/Guacamole Picante Sauce Sopapilla Cheesecake	<b>29</b> Salmon Patties or Seasoned Leg Quarters Over Seasoned Rice Creamed Spinach Big White Roll Chocolate Cake	<b>30</b> Hamburger Steak Mushrooms, Peppers & Onions Mashed Potato/Gravy Green Peas Wheat Roll Golden Fruit Cup	<b>31.</b> Scrambled Eggs Biscuits & Gravy Bacon or Sausage Hash Brown Patty Assorted Juices Cinnamon Roll		