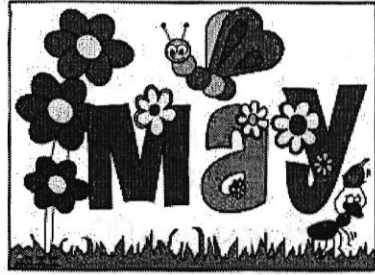


May 2019

Johnson County Senior Activity Center

Congregate Menu

Chef salads are available daily with the choice of chicken, turkey, or ham. Call to get your name on the list before 11 a.m. 754-6148.



1
Ground Sirloin
Onions/ Gravy
Mashed Potatoes
4 Way
Wheat Roll
Apple Crisp

2
Country Fried Steak
Mashed Potatoes
Gravy
Glazed Carrots
Wheat Roll
Almond Joy Poke Cake

3
Chicken Alfredo
Broccoli
Garlic Toast
Ice Cream Bars

6
Sausage and Pepperoni
Pizza
Side Salad
Bread Sticks with Sauce
Spiced Apples

7
Oven Fried Chicken
Mashed Potatoes/Gravy
Garden Vegetables
Biscuits
Peanut Butter Layer
Dessert

8
BBQ Pork Sandwich
Mac N Cheese
Fried Okra
Banana Puddin'

9
Mini Pancakes
Scrambled Eggs
Bacon Or Sausage
Juice
Fresh Fruit

10
Beef and Cheese Enchiladas
Chili Beans
Corn
Cheese Dip & Chips
Pineapples

13
Open Faced Turkey
Sandwich
Mashed Potatoes
Peas and Carrots
Brownie

14
Beef and Broccoli
Fried Rice
Egg Rolls
Oriental Blend
Ice Cream Cup

15
Crab Cakes OR Chicken
Strips
Baby Bakers
Corn
Wheat Roll
Tropical Fruit

16
Meatloaf
Mashed Potatoes
Seasoned Green Beans
White Roll
Peach Cobbler

17
Lemon Pepper Chicken
Over Egg Noodles
Broccoli
Garlic Toast
Strawberry Sopapilla

20
Crispy Chicken Wrap
Lettuce and Tomato
Honey Mustard Sauce
Sweet Potato Fries
With Sauce
Shebert

21
Chicken Fried Steak
Mashed Potatoes/Gravy
Mixed Vegetables
Biscuit
Mixed Fruit

22
Beans and Ham
Potatoes with Peppers
and Onions
Greens
Regular or Mexican
Cornbread
Pears

23
French Dip with Crispy
Onions
Roasted Potatoes
Honey Glazed Carrots

Ice Cream Social

24
Celebrating National Brown
Bag Day- Enjoy a surprise
dinner served in a brown
bag.

27

**Closed for
Memorial Day**

28
Cheeseburgers
Lettuce, Tomato, Onion
Potato Wedges
Baked Beans
Spiced Apple Crisp

29
Pork Tenderloin with Red
Pepper Sauce
Over Brown Rice
Bermuda Vegetables
Regular OR Mexican
Cornbread
Tinted Pears

30
Liver and Onions OR
Grilled Chicken
Mashed Potatoes
Peas and Carrots
Wheat Roll
Orange Dreamsicle
Cake

31 Breakfast Bingo
Bacon OR Sausage
Scrambled Eggs
Biscuit & Homemade Gravy
Juice
Fresh Fruit