




| May 2023   |   | Pope County Senior Wellness & Activity Center  |  |  | Congregate |
|--|---|--|--|--|------------|
| Monday   | Tuesday   | Wednesday  | Thursday   | Friday   |            |
| <b>1</b><br>Popcorn Chicken<br>Mashed Potatoes & Gravy<br>Peas & Carrots<br>Wheat Roll<br>Spiced Apples                                    | <b>2</b><br>Taco Salad<br>Lettuce, Tomato<br>Guacamole<br>Mexican Street Corn<br>Cheese Dip<br>Chips    | <b>3</b><br>Fried Catfish OR Chicken<br>Tenders<br>JoJo Potatoes<br>Coleslaw<br>Hushpuppies<br>Strawberry Cream Pie                      | <b>4</b><br>Homemade Pizza<br>Side Salad<br>Bread Stick<br>Brownie   | <b>5</b><br>Roast Beef<br>Stuffed Potato<br>Peppers & Onions<br>Corn Casserole<br>Bread Stick<br>Tropical Cake                     |            |
| <b>8</b><br>Cheeseburger<br>Lettuce, Tomato, Pickle<br>Tater Babies<br>Ice Cream Bars  | <b>9</b><br>Chicken Gordon Bleu<br>Herb Noodles<br>Garden Vegetables<br>Wheat Roll<br>Goey Butter Cake  | <b>10</b><br>Fried Bologna OR Turkey &<br>Cheese Sandwich<br>Lettuce, Tomato, Pickle<br>Pea Salad<br>Assorted Chips<br>Blueberry Cobbler | <b>11</b><br>Spaghetti w/Meatballs<br>Italian Green Beans<br>Garlic Bread Stick<br>Coca-Cola Cake                      | <b>12</b><br>Meatloaf<br>Mashed Potatoes & Gravy<br>Roasted Brussels<br>White Roll<br>Chocolate Cake<br><b>HAPPY MOTHER'S DAY!</b> |            |
| <b>15</b><br>Oven Fried Chicken<br>Mashed Potatoes & Gravy<br>Catalina Vegetables<br>Wheat Roll<br>Banana Pudding                          | <b>16</b><br>Grilled Chicken Salad<br>Lettuce, Tomato, Onion<br>Bread Stick<br>Peaches & Cottage Cheese | <b>17</b><br>BBQ Ribs<br>Twice Baked Mashed Potato<br>Baked Beans<br>Texas Toast<br>Cherry Pie   | <b>18</b><br>Chicken Fried Steak<br>Mashed Potatoes & Gravy<br>Crack Green Beans<br>Wheat Roll<br>Strawberry Poke Cake | <b>19</b><br>Broccoli Cheese Soup<br>Ham & Cheese Sliders<br>4 Way Vegetables<br>Cinnamon Roll                                     |            |
| <b>22</b><br>Hamburger Steak w/Onions,<br>Peppers & Mushrooms<br>Mashed Potatoes & Gravy<br>Sweet Corn<br>Wheat Roll<br>Peaches & Cherries | <b>23</b><br>Pinto Beans<br>Fried Potatoes<br>Cabbage<br>Cornbread<br>Cookies                           | <b>24</b><br>Sweet & Sour Chicken<br>Fried Rice<br>Mandarin Vegetables<br>Egg Roll<br>Mandarin Orange Cake                               | <b>25</b><br>Bacon & Sausage Egg Bake<br>Hashbrown Casserole<br>Biscuit & Gravy<br>Muffins<br>Orange Juice             | <b>26</b><br>Chili Dog w/onions &<br>cheese<br>Baked Beans<br>Chips<br>Apple Pie   |            |
| <b>29 CLOSED</b><br>                                    | <b>30</b><br>Chicken Breast Patty<br>Herb Noodles<br>Sauteed Brussels<br>Wheat Roll<br>Tropical Fruit   | <b>31</b><br>French Onion Pot Roast<br>Mashed Potatoes & Gravy<br>Okra & Tomatoes<br>Wheat Roll<br>Cherry Crisp                          |                                   |   |            |