


MAY 2018	CONWAY SENIOR WELLNESS & ACTIVITY CENTER MENU				For Seniors 60 & Over
Monday	Tuesday	Wednesday	Thursday	Friday	
	<b>1</b> Spaghetti w/Meat Sauce Italian Vegetables Tossed Salad w/Dressing Lime Sprinkled Pears Jello Garlic Bread Skim Milk	<b>2</b> Chicken Pot Pie Cucumber & Tomato Salad Applesauce Whipped Jeallo Wheat Roll Skim Milk	<b>3</b> Salsbury Steak or Liver & Onions Baked Potato w/Sour Cream Mixed Greens Fruit Cup Bread Skim Milk	<b>4</b> Chicken & Noodles Broccoli Carrot & Raisin Salad Pineapple Roll Skim Milk	
<b>7</b> Bacon Wrapped Pork Filet Baked Sweet Potato Green Beans Graham Crackers Peaches Wheat Roll Skim Milk	<b>8</b> White Beans w/Ham Bits Fried Potatoes Turnip Greens Mixed Fruit Frosted Brownie Cornbread Skim Milk	<b>9</b> Vegetable Beef Chowder Crackers Club Sandwich on Wheat Bread Cucumber & Onion Salad Ice Cream w/Fruit Mayo & Mustard Skim Milk	<b>10</b> Homemade Meatloaf Mashed Potatoes Gravy Peas & Carrots Mandarin Oranges & Pineapples Wheat Bread Skim Milk	<b>11</b> Smothered Chicken Parslied Rice Blackeyed Peas Carrots Mandarin Oranges Roll Skim Milk	
<b>14</b> Smothered Pork Chop Parslied Butter Pasta Candied Carrots Coleslaw Mixed Fruit Cornbread Skim Milk	<b>15</b> Baked Chicken Breast Herbed Rice Pilaf Broccoli Tossed Salad w/Dressing Cinnamon Apples Roll Skim Milk	<b>16</b> Beef Stew Tossed Salad w/Dressing Cornbread Cheesecake w/Fresh Strawberries Skim Milk	<b>17</b> Roast Turkey Baked Sweet Potato Green Beans Peach Crisp Roll Skim Milk	<b>18</b> Fried Catfish Tater Tots Coleslaw Sliced Peaches Cornbread Skim Milk	
<b>21</b> Chicken Spaghetti Broccoli Tossed Salad w/Dressing Garlic Bread Cinnamon Apples Skim Milk	<b>22</b> Beef Soft Taco Ranch Style Beans Fiesta Corn Salad Pears Orange Cream Cake Skim Milk	<b>23</b> Cheeseburger on Bun Relish Plate French Fries Jello Skim Milk	<b>24</b> Meatballs w/Gravy Garlic Mashed Potatoes Brussel Sprouts Chocolate Cake Peaches Roll Skim Milk	<b>25</b> Sloppy Joe on Bun Potato Chips Coleslaw Cottage Cheese Apple Cobbler Skim Milk	
<b>28</b> <b>MEMORIAL DAY</b> <b>All Centers Closed</b> 	<b>29</b> Herbed Baked Chicken Lima Beans California Blend Vegetables Pineapple Rings Graham Crackers Wheat Bread Skim Milk	<b>30</b> Pot Roast w/Gravy Carrots/Potatoes/Onions Green Beans Pie Roll Skim Milk	<b>31</b> <b>9:45 - BRUNCH</b> Scrambled Eggs Sausage Hashbrowns Biscuit w/ Gravy Fruit Skim Milk		