MAY 2022 BAY COUNTY DEPARTMENT ON AGING HDM/CONGREGATE MENU

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
(2) **HOT DOG (1) WITH CONEY SAUCE (6) ON A WHOLE WHEAT BUN (19)** Tater Tots (17) Corn (21) Bite-Sized Peaches (12)	**(3)** **CHICKEN ENCHILADAS(20)** Spanish Rice (25) Ranchero Pinto Beans (26) Honey Bunny Graham Crackers (24) Apple Juice (13)	**(4)** **COD FISH SANDWICH (17)ON A WHOLE WHEAT BUN (25)** Down Home Fries (15) Parmesan Brussels Sprouts (7) Sour Cherry Lemon Slushie (22)	**(5)** **ROASTED PORK LOIN (0)** Mashed Potatoes (17) w/Pork Gravy (2) Southern Succotash (20) Whole Wheat Bread (10) Black Forest Cake (34)	**(6)** **HAMBURGER GRAVY (9)** Mashed Potatoes (17) Kyoto Blend Vegetables (9) Whole Wheat Dinner Roll (23) Apricots (15)
(9) **HEARTY GOULASH (28)** Mexican Corn (21) Corn Muffin (24) Pear (35)	**(10)** **SLOW-COOKED BEEF POT ROAST (2)** Mashed Potatoes (17) w/Beef Gravy (2) Stewed Tomatoes (15) Whole Wheat Bread (10) Mandarin Oranges (13)	**(11)** **SWEET AND SOUR PORK(22)** Steamed Brown Rice (16) Colorful Peas and Carrots (9) Pineapple Bits (15) Bread (10)	**(12)** **PHILLY BEEF SANDWICH (24) ON A WHOLE WHEAT BUN (19)** Diced Redskin Potatoes w/Onion(13) Riviera Blend Vegetables (6) Fresh Clementine (9)	**(13)** **ALMOND MANDARIN SALAD (52)** Snickerdoodle (28) Gala Apple (29)
(16) **CHICKEN & PASTA ALFREDO (21)** Broccoli Florets (4) Dinner Roll (1)	**(17)** **SLOPPY JOES (8)ON A WHOLE WHEAT BUN (25)** Oven-Baked Potato (33) Winter Blend Vegetables (5) Gelatin Cup (5)	**(18)** **CHICKEN & RICE SOUP (13)** Colorful Peas & Carrots (9) Oreo 4ct. (33)	**(19)** **BAKED TURKEY (3)** Mashed Potatoes (17) w/Turkey Gravy (2) Green Beans Almondine (5) Pineapple Orange Delight (31)	**(20)** **FRENCH TOAST STICKS (54)** Scrambled Eggs (3) Sausage Links (1) Whole Wheat Bread (10) Orange Juice Box (13)
(23) **DUTCH CHICKEN (6)** Noodles and Gravy (15) Brocolli Florets (4) Tropical Fruit Salad (21) Whole Wheat Bread (10)	**(24)** **MARINATED PORK CHOP (12)** Cheesy Mashed Potatoes (16) Cauliflower & Peas (7) Whole Wheat Bread (10) Pineapple Chunks (18)	**(25)** **TENDER BEEF TIPS(6)** Buttered Noodles (13) Glazed Carrots (10) Honey Wheat Dinner Roll (13) Apple (21)	**(26)** **IRISH BOILED DINNER (9)** Parsley Boiled Potatoes (12) Whole Wheat Dinner Roll (23) Oatmeal Raisin Cookie (23)	**(27)** **PULLED CHICKEN BBQ SANDWICH (35) WHOLE WHEAT BUN (25)** Garden Green Peas (11) Baked Beans w/Ham (29)Orange

All Meals at the Activity Centers served with Fat-Free Milk (13)
Number next to the menu item indicates carbohydrate count.
Menu is subject to change without notice. Be advised menu items may contain nuts.